



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy®

WALKING

Walking is one of the easiest forms of exercise. Research has shown walking is beneficial to cardiovascular health and can improve overall wellness. Walking can improve circulation, help with bone strength, decrease stress and improve sleep. Walking at least 30 minutes a day can improve your overall health. Walking does not require any specific equipment or a gym membership. All you have to do is walk. You can walk almost anywhere.

MY WALKING HABIT IS:

Healthy is walking at least 30 minutes or more a day.

Health Risk is trying to walk a few minutes a day, but struggle to find time.

Unhealthy is not walking outside of normal daily activities.

- **HEALTHY** – Well done! Look on the back side of this card to see how you can maintain a healthy walking program.
- **HEALTH RISK** – Look on the back of this card to see how you can control this behavior.
- **UNHEALTHY** – Look on the back side of this card to see what you can do for healthier walking habits.

CRCH

CENTER FOR RURAL &
COMMUNITY HEALTH

CRCH@osteo.wvsom.edu

<https://crch.wvsom.edu>

What to do for ...

HEALTHY WALKING HABITS: Good job! In order to get the maximum benefit out of walking try increasing the length of time you walk or the intensity of your walking.

HEALTH RISK WALKING HABITS: Walking is important for overall health. Trying to find at least 30 minutes a day to walk will improve your overall emotional health and your well-being.

UNHEALTHY WALKING HABITS: If you have a hard time walking for 30 minutes or more consult your physician to make sure it is safe for you to walk. Find a friend to walk with because that always helps. Try setting a goal of 30 minutes per day but remember to start small, maybe 10 minutes a day for a few weeks, and slowly work your way up to 30 minutes or more a day.

Get more information

ABOUT THE IMPORTANCE OF WALKING BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email CRCH@osteo.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

Sponsored by the West Virginia Clinical and Translational Science Institute

