



# WELLNESS WEDNESDAY

## Physical Activity – Walking

A regular physical activity routine such as brisk walking helps to:

- Control body weight
- Improve mood and symptoms of depression and anxiety
- Reduce high cholesterol and blood pressure
- Keep bones and muscles strong
- Reduce risk of diseases like heart disease, stroke, type 2 diabetes, and some cancers
- Increase your life expectancy
- Improve quality of life

**Walking is an easy way to be more active!**

You just need 4 simple steps:

1. Set a goal
2. Make it a priority
3. Get a routine
4. Increase time

**We are bringing back walking groups!**

Walking with a group is a great way to increase daily activity, stay motivated, and meet more of your coworkers!

We are currently looking for **FIVE “Walk Team Leaders”** to be in charge of coordinating and tracking in-person walking group meetings and attendance. Please email [Randy Davis](#) with the subject, **“Walk Team Leader”** to submit your request.

If you work at the Canton clinic or hospital and are interested in joining a walking group, please email [Randy Davis](#) with the subject, **“Walking Group.”** Please include what location you work at, your shift, and days you frequently work so you can be assigned to a group that closely fits your schedule.

**Winter Wellness Walk – Employee Step Goal Challenge**

We will be starting an **Employee Step Goal Challenge of 10,000,000 steps** over the course of 5 weeks to kick off the return of the walking groups! Through the [motivation alliance](#) portal, all staff will be working toward a collective population goal of 10,000,000 steps from 11/23 – 12/28.

You **MUST** be signed up and have recently logged in to your [Motivation Alliance](#) account in order for your steps to count toward the population goal. If you have a wearable fitness device or track your steps on your phone, you will want to make sure your devices are connected to your account prior to 11/23 so your steps count toward the population goal.