

Benefits of walking

The benefits of regular exercise are well-documented. Here are some of the top reasons why you should add walking to your routine:

- Walking can help prevent some forms of cancer.
In a study of more than 1 million people, leisure-time physical activity was linked to reduced risks of breast, prostate, colorectal cancer, plus others.
Regular physical activity such as walking is also associated with a reduced risk of some cancers recurring.
- Walking can help reduce symptoms after cancer.
Studies among cancer survivors have demonstrated improvements in mood, energy level, fatigue, sleep, and physical functioning from walking several times per week. Benefits occur both during and after treatment.
- Walking improves circulation.
It also wards off heart disease, lowers resting heart rate and blood pressure and strengthens the heart. Women who walked 30 minutes a day reduced their risk of stroke by 20-40 percent when they stepped up the pace.
- Walking prevents fractures.
Regular physical activity, which includes walking, can reduce the risk of fractures related to osteoporosis. A study of postmenopausal women by Brigham and Women's Hospital, Boston, found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

Cancer Patients
and Survivors:

STEP IT UP!

Join us for a FREE weekly walking program just for **you!**

Walking improves your health, boosts your mood, and it's **fun!**

5:30 p.m., Thursdays
July and August walks:
Start near Klamath County Library

A free community service of:

 **SKY LAKES**
CANCER TREATMENT CENTER

SkyLakes.org/StepItUp

541.274.2696

- Walking slows mental decline.
A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of mile per day had half the incidence of dementia and Alzheimer’s disease, compared to those who walked less.
- Walking lightens mood.
A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural pain killing endorphins to the body – one of the emotional benefits of exercise.

Sources: National Cancer Institute , Arthritis Foundation