

## Healthy Measures: Put one foot in front of the other

Do you remember walking everywhere when you were young? Things have changed since then and your life is a lot busier, but you can still get around by walking. It is the simplest and most cost-effective form of active transportation!

The benefits of walking:

- Gives you time to think and enjoy the outdoors in any weather
- Is a relaxing way to get to places and is much more calming than the stress of being stuck in traffic
- Can lead to increased connectivity with your community
- Will help give you stronger muscles and bones, improves posture and balance and contributes to healthy aging
- Thirty minutes per day decreases the risk of heart disease by up to one half and decreases the risk of some cancers, diabetes, obesity and osteoporosis

What is the best and most effective posture for walking? Point your chin down and pull it in slightly; relax your shoulders, keeping them back and down; stand tall, keeping your back straight; lift your chest slightly; bend your arms 90 degrees at the elbow and swing in time with the opposite leg with your hips level and knees pointing forwards.

The next time you need to go somewhere, plan to walk. Take a look at how walkable your community is by using the walkability tools at [www.icanwalk.ca](http://www.icanwalk.ca).

Make walking a regular part of your day and walk for better health!

**For more information about physical activity, call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933.**

**Healthy Measures: Eat Well, Be Active and Be Yourself!**