



Special Feature

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Take steps toward better health

(COLUMBUS, Neb.) – You've probably heard that you should walk 10,000 steps a day. But even if you don't take that many steps most days, walking more is still a worthy goal. When you increase your daily step total by any amount, you can boost your health and feel better. In fact, about 110,000 deaths could be prevented each year if American adults between the ages of 40 and 85 got as little as 10 minutes of exercise a day.

Exercise fit for everyone

Walking is an easy way to get active — people of all ages and varying levels of fitness can do it. Walks don't require special skills or pricey workout gear; all you need are comfortable shoes.

Easy ways to move more

Getting in more steps is simpler than you may think. Try these strategies to get moving:

- **Go outside.** Walking in a tree-filled neighborhood or park can help you get fresh air and keep you mentally sharp.
- **Be prepared.** If your everyday shoes aren't great for walking, keep sneakers in your car.
- **Enlist friends.** When someone suggests meeting for a bite or a drink, suggest a walk instead.
- **Try an activity monitor.** A pedometer or smartwatch can provide inspiration you by telling you how many steps you're currently getting and helping you set goals.
- **Park farther from the store.** You'll have an easier time finding a spot, and you'll get some extra steps.
- **Don't wait when you can walk.** The time you spend waiting for your kids at their activities is a great chance to be moving.
- **Take the stairs instead of an elevator.** That bit of stair-climbing every day can make a big difference!

Why walking is good for your health

Increasing your daily steps can unlock a lot of great health benefits, including:

- Better heart health and reduced risk of heart disease.
- More stable blood sugar — especially for people with Type 2 diabetes.
- Improved mental health and mood.
- Reaching and maintaining a healthy weight.
- Stronger muscles and better balance.
- Better sleep



Whenever you start a new fitness routine, talk to your health care provider — especially if you aren't currently exercising. If walking isn't right for you, they'll help you figure out another way to get more active.

"If you are ready for a path to a healthier you, come see me," said Vilma Rodriguez-Cline, a family medicine doctor at Lindsay Medical Clinic. "I would be happy to help."

If you have questions about starting a fitness program, make an appointment with one of our providers by visiting columbushosp.org.

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