

## JANUARY 25, 2019

We had a sunny day in the neighborhood today! It got me to thinking about what a perfect neighborhood this is for walking.

Whether it's walking for pleasure or health we really do have a great walking neighborhood.



There is lots of research out there that confirms the health (mental and physical) benefits of walking. With the right shoes and coat you can improve your health and fitness by getting out of the house and taking a stroll around the neighborhood. You control the speed and effort - you benefit.

The [Mayo Clinic](#) has a great page on walking and how to make it into a great exercise plan. They say a regular walking routine will help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

This website suggests ways to make a regular walking routine more enjoyable (walk with a friend) and a comfortable way to exercise.

Here in Stillwaters, there is a regular walking group that meets outside The Gathering Place at about 7:30 each morning. Like clockwork I see the group walking by my house at 7:45 each morning. Doing this on a regular basis creates a habit and doing this with other creates encouragement so that even on those cloudy drippy days you can be inspired to meet the group.

Whether you walk in a group or by yourself – do get out and enjoy the sun this next week!

## QUOTE OF THE WEEK:

Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world. – Helen Keller