



Think about Walking

Did you know that regular exercise lowers blood pressure, improves circulation, increases your metabolism, relaxes your muscles, and helps you to control stress? Sure sounds like another stress management technique to me! Just 10 minutes of exercise a few days each week can help renew your energy stores. Are you wondering where you might be able to walk in a safe weatherproof environment? I know...you are thinking about the fact that we'll soon be moving our clocks ahead and it can be dark at 6pm, winter weather is just ahead.... but you'll have to come up with better excuses than those! You have the perfect walking path ***right here*** in University Hall! If you walk the perimeter of the inside of the building, 10 laps would be the equivalent of 1 mile. In fact, if you start at room 141 and walk two laps to room 112 you will find a red sign marking the mile mark. Always walk in a brisk and upright manner. Do a little stretching before you take off walking, wear supportive walking shoes, and most of all enjoy the journey!

If you want to form a walking club, contact me and I'll help you mobilize!

You can access a great excel worksheet to help you log your walking activities at <http://walking.about.com>

You are worth it!

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