BENEFITS OF WALKING

Walking is a safe activity to do. Did you know that walking most days of the week improves your health? If you are at an unhealthy weight, walking is the best thing you can do for your health!

### TIPS OF THE WEEK

- Walking will help you lose the baby weight!
- Walk 25 minutes each day. That equals 2,500 steps each day!
- Walking will also help improve your overall health.

### WALKING HELPS YOU:

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>LOSE THE BABY WEIGHT</strong>1-3</td>
<td>Women that do not walk after having a baby keep up to 15 pounds of the baby weight. Walking burns calories and can help you lose the baby weight!</td>
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<tr>
<td><strong>RECOVER FROM BIRTH</strong>9-11</td>
<td>Women of an unhealthy weight are at a higher risk of having blood clots. Blood clots can travel to your heart and lungs and block blood flow. Walking helps lower the risk!</td>
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<tr>
<td><strong>FEEL GREAT!5</strong></td>
<td>A 25 minute walk makes you feel energized. Walking also lowers feelings of anxiety and depression.</td>
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<td><strong>LOWER YOUR RISK OF DIABETES</strong>4</td>
<td>Walking each day helps lower diabetes risk.</td>
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<tr>
<td><strong>LOWER THE RISK OF SOME CANCERS</strong>7</td>
<td>Walking 1-2 hours each week lowers the risk of breast cancer.</td>
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<tr>
<td><strong>MAKE BONES AND MUSCLES STRONGER</strong>8</td>
<td>Stronger muscles and bones will help you keep up with your baby when they begin to crawl and walk.</td>
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<tr>
<td><strong>MOMMY AND BABY BONDING</strong></td>
<td>Put the baby in the stroller or carrier and go for a walk. It is never too early to start teaching your baby healthy habits! Bonus: babies love the rocking motion of the stroller!</td>
</tr>
</tbody>
</table>

Choose Health LA Moms - a program to help new moms get to a healthier weight.
WHAT YOU CAN DO:

- Follow our walking tips: walk 25 minutes each day this week. That equals 2,500 steps!
- Wear your pedometer all day. Take it off when you sleep and shower.
- Take a break from sitting. If you have a favorite TV show, stand up and march in place or walk around the house with your baby during commercials.

RESOURCES:

- MAYO CLINIC - WALKING: TRIM YOUR WAISTLINE, IMPROVE YOUR HEALTH
  mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20046261

- AMERICAN HEART ASSOCIATION – THE BENEFITS OF WALKING
  startwalkingnow.org/whystart_benefits_walking.jsp

- US DEPARTMENT OF HEALTH – PHYSICAL ACTIVITY HAS MANY HEALTH BENEFITS
  health.gov/paguidelines/guidelines/chapter2.aspx

- CDC – THE BENEFITS OF PHYSICAL ACTIVITY
  cdc.gov/physicalactivity/everyone/guidelines/pregnancy.html

BLOGS:

- WALK SCORE – THE BENEFITS OF WALKING
  blog.walkscore.com/2013/02/top-10-health-benefits-of-walking/

- POSTPARTUM WALKING EXERCISE

VIDEO

- EVERYBODYWALK - WALK FOR HEALTH: THE BEST MEDICINE
  youtube.com/watch?v=mblM1LTfytQ

- EVERBODYWALK - BENEFITS OF WALKING
  youtube.com/watch?v=m1rRo7COIRI
Benefits of Walking

APPS:

EVERYBODY WALK
everybodywalk.org/app/

ARGUS
itunes.apple.com/us/app/argus-pedometer-calorie-nutrition/id624329444?mt=8

FITBIT
itunes.apple.com/us/app/fitbit/id462638897?mt=8

MY FITNESS PAL
myfitnesspal.com

DIGIFIT ICARDIO
itunes.apple.com/app/digifit/id314841648?ign-mpt=uo%3D5

REFERENCES