

Welcome!

Welcome to the 3rd revision of the Healthy Workplace Walking Kit! We have made changes based on user feedback and ideas. This Walking Kit is for the employees, physicians, learners and volunteers at Capital Health.

There are many reasons why people walk, some for fitness and health, some as a means of transportation, some to relax

Whatever your motivation for walking, we encourage you to walk with spirit!

“Touching the earth as we walk keeps us in contact with the physical environment we live in. At the same time, we enter a magic kingdom that frees us from the constraints of daily life. Moving forward, “one” step at a time, we gradually leave behind the schedules, appointments, obligations. We surrender to the present moment, caught up in the beauty of an inspiring vista or the demands of a rigorous climb. In that surrender, we relax and open ourselves to the unexpected. We see the sacred in nature, and then sometimes in ourselves” ~ Carolyn Scott Kortge

Walk as part of a group or team to help get your **WALKING BENEFITS**¹

WALKING BENEFITS¹

- Lowers blood pressure for people with elevated levels
- Improves cholesterol profiles by elevating good cholesterol
- Builds bone strength and decreases risk of osteoporosis
- Helps burn excess body fat and reduce weight
- Increases cardiovascular fitness
- Combats daily stress and anxiety
- Reduces severity of depression
- Eases chronic low-back pain
- Increases longevity
- Improves mood and mental performance
- Boots the body's natural immune system

Congratulations on being active at work!

¹Scott Kortge, C (1998) *The Spirited Walker: Fitness walking for clarity, balance, and spiritual connection*: HarperSanFrancisco, pp. 6-7; 201-202.