

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE

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FLORIDA DEPARTMENT OF HEALTH CELEBRATES NATIONAL WALKING DAY

TALLAHASSEE—April 1 is National Walking Day and the Florida Department of Health is encouraging all Floridians to consider making walking a regular part of their exercise routine. Walking is a low-risk, easy-to-start exercise that can combat obesity, reduce risk of disease and improve overall health.

“Many Floridians spend the bulk of their time at work and while many jobs aren’t physically strenuous, remaining sedentary can still take a toll on our bodies,” said State Surgeon General and Secretary of Health Dr. John H. Armstrong. “I encourage all Floridians to incorporate walking into their everyday routines and enjoy the benefits of this simple exercise.”

The American Heart Association (AHA) advocates that adults get 150 minutes or more of moderate-intensity physical activity each week, but according to the Centers for Disease Control and Prevention, less than half of all adults participate in the recommended amount. Research shows that walking at least 30 minutes a day has numerous health benefits and can help:

- Reduce the risk of coronary heart disease and stroke;
- Improve blood pressure, blood sugar levels and blood lipid profile;
- Maintain your body weight and lower the risk of obesity; and
- Enhance your mental well-being.

To begin walking today, all that is needed are comfortable clothes and supportive shoes. To ensure safety when walking, AHA recommends that you stretch for at least five minutes before walking, walk on sidewalks, know the area in which you are walking and, if possible, walk with a partner or in groups to discourage crime.

For more walking tips, to read more about the health benefits associated with walking or to organize your own National Walking Day event, visit AHA’s website at www.heart.org.

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Florida Department of Health

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