**It’s Walktober!**

As fall brings cooler temperatures, it’s still important to keep moving. If the summer heat kept you inside, now is a wonderful time to start a walking program. Most everyone can participate in walking! You don’t have to run or do high impact activities to see the benefits of exercise. Here are a few of the most common benefits that you can achieve from walking:

* Reduce the risk of coronary heart disease
* Improve blood pressure and blood sugar levels
* Improve blood lipid profile
* Maintain body weight and lower the risk of obesity
* Enhance mental well being
* Reduce the risk of osteoporosis
* Reduce the risk of breast and colon cancer
* Reduce the risk of non-insulin dependent (type 2) diabetes

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help. Walking has the lowest dropout rate and is a simple activity!

* Here are a few more not so commonly thought of benefits of walking:
* It reduces excessive sitting
* Reduce body fat
* Helps you live longer
* Can help improve conditions such as arthritis
* It’s good for your brain/gives you a chance to think
* It reduces stress
* It boosts immune function
* Prevents falls in the elderly
* Meditation

To get started on a program, put on your best walking shoes…and just go! It doesn’t have to be far or fast. Time yourself, mark that time down, and each week add 2 minutes on to your total time.

Check out the Health and Wellness Coalition of Wichita at [www.hwcwichita.org](http://www.hwcwichita.org) to sign up for free for Walktober. They have great information about health and fitness!

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** futurist@shockertrackclub.com

***Laura Markuly, MSE, ACSM HFS, NASM CES/PES/GFS, is the owner of Bodyology Sports Performance, LLC. She is also the Health Educator/Exercise Physiologist at McConnell AFB. She also serves as the Fundraising Chair for Shocker Track Club.***