

On Your Mark, Get Set... Walk!



Did You Know?

- Walking can reduce blood pressure and body fat.
- Walking about a mile a day can burn 100 calories.
- It can reduce your risk of heart disease and stroke.
- Walking can increase muscle strength, improve balance, and give you stronger bones.
- It can increase your mood and lower stress levels and depression.
- Walking can strengthen the heart and improve circulation.
- It can decrease bone loss for those who suffer from osteoporosis.
- Walking can help one get to sleep easier and stay asleep for a longer period of time.
- Walking can boost your immunity and is good for your well-being.

Walking 101

Walking can improve your health, overall well-being and can be beneficial in many ways. This exercise is known as aerobic physical activity and one should be getting at least 30 minutes each day. Walking is the easiest form of activity and can help you towards a healthier life. All you need to do is....

- ❖ Wear the correct gear. This includes comfortable clothing and supportive shoes.
- ❖ Only do what you can handle. Start with 10-15 minutes and increase that to 30 minutes when you are ready.
- ❖ Start with a pace that works for you. Begin slow and gradually increase your speed.
- ❖ Make sure you are aware of your surroundings. Walk on flat surfaces, sidewalks are best, with no tripping hazards and in well-lit areas.
- ❖ If you want, walk with a buddy. This will hold you accountable and give you something to look forward to.
- ❖ Stretch before and after your walks. This will keep your body feeling flexible and will decrease the possibility of injury.
- ❖ Stay hydrated. Drink water before and after your walks to help the muscles work effectively.

Make walking apart of your daily routine. Exercise is very important for your health and can lower your risk for getting certain conditions. When doing this activity, stop if you feel any sort of pain. If this problem continues, check with your doctor.

Stretching

Hamstring and Ankle: Start by sitting on the edge of the chair and extending your right leg with your heel touching the floor. Flex your right foot and keep your toes pointed up. Lean forward and you will feel a stretch in the back of your thigh. Repeat this with the left leg.

Calf Stretch: Hold onto a chair while standing up straight. Place your right leg behind you while keeping your heel on the floor. Bend your left knee and lean towards the chair. You will feel a stretch in the calf of your right leg. Repeat this with the left leg.

Groin Stretch: Hold onto a chair and stand with your legs slightly wider than shoulder width. Have your left foot facing forward and point your right foot to the right 45 degrees. Lunge in that direction. Don't let your knee go past your toes. Repeat this move on your left side.

Leg Swings: Hold onto a chair with your left hand and stand up straight. Stand to the side of the chair on your left leg, move your right leg to the front, side and back. Tap your toe at each point. Repeat with left leg.

Healthy Recipe

Dijon Roasted Turkey

Ingredients:

- 2 tablespoons of Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon rosemary leaves, chopped
- 1 tablespoon dried thyme
- Sea salt and ground pepper
- 3 pounds' turkey breast

Directions:

- Preheat the oven to 375 F.
- In a small bowl, whisk together mustard, garlic, oil, rosemary, thyme, and sea salt and pepper to taste.
- Rub this over turkey breast thoroughly.
- Place breast into a roasting pan and bake for about 2 hours until meat thermometer reads 165-170 F. Serves 4.

Source: www.heart.org/HEARTORG/
www.arthritis.org

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