Walking Keeps Your Heart Healthy
Exercise lowers blood pressure, increases “good” cholesterol, and prevents heart disease.

Walking Increases Energy
Exercise allows you to deal better with daily stress and gives you more energy to get work done!

Walking Improves Your Sleep
Exercise will help you to fall asleep faster and allow you to have a more restful night’s sleep.

Walking Keeps Bones Healthy
Exercise contributes to osteoporosis prevention by keeping bones strong.

Walking Helps With Weight Loss and Maintenance
A consistent exercise program will help you to achieve and maintain a healthy weight.

Walking Improves Flexibility and Coordination
Daily stretching and exercise will increase muscle flexibility and coordination.

Did You Know…?

Walking Tips

Walking Equipment
- Choose a pair of comfortable, well-fitting sneakers and socks.
- In warm weather wear lightweight and breathable clothing.
- Put on a hat and wear sunscreen.
- Layer clothing in cold temperatures.
- If you are out at night, add reflective tape to your clothes and sneakers.
- You may want to wear a pedometer to track exactly how far you have walked.

Injury Prevention
- Stretch before and after your workout.
- Replace worn sneakers, especially when you start to see uneven wear in the heel.
- Begin SLOWLY, increase speed and intensity in a gradual, progressive manner.
- If you feel pain during your workout, STOP. Continuing to work out can worsen an injury or make pain worse.

Let’s Get Moving!
- Begin with a moderate goal of 15-20 minutes. The ultimate goal is to be active 30 minutes daily.
- Incorporate both a warm-up and cool-down into your routine.
- Relax shoulders and allow your arms to move naturally.
- Begin with an even stride and try to maintain a consistent pace.

For more fitness tips go to: www.villanova.edu/healthpromotion click fitness facts.
Villanova University Walking Trail

Walking Trail Distance: 3 miles • Apple logo signs designate: 1/4 mile