



Add a Spring to Your Step!

Prepared by the Glen Rock Board of Health

Spring is almost here! This is a great time to add walking to your regular routine. Walking is great exercise and can be done anywhere and at any pace. It is a free activity that can be done either alone or among friends. It can be done outdoors, or in the event of bad weather, in a large indoor area such as a local mall. It is best to avoid areas with uneven sidewalks, potholes or low hanging branches. The county park in Glen Rock is a great place to walk. You can take a leisurely walk around the pond or take the trail that links up with the parks in nearby towns for a longer walk.

There are many benefits to walking. Research has been shown that it helps lower the risk of high blood pressure, heart disease, and type 2 diabetes. It helps maintain a healthy weight. Walking increases muscle mass and bone strength. It helps with balance and can help reduce stress. Appreciating the nature around you is especially helpful in improving your mood.

Walking doesn't require major gear. It is important to have comfortable walking shoes or sneakers. They should fit well with plenty of room in the toe box. Your sneakers should be well cushioned to protect your joints, be flexible in the forefoot area, and have an arch support that fits well with the shape of your arches. Wear layered clothes that can be easily adapted to the weather. Take a water bottle and remember to take your cell phone. On sunny days use sunscreen and sunglasses. If you walk at night, be sure to wear bright colors or reflective clothing.

To warm up, start at a slow pace for five to ten minutes, then speed up to a moderate pace, and end by cooling down slowly for five to ten minutes. As you become more comfortable, you can increase your pace and the length of time you walk. You can add more walking to your day by skipping your car to do local errands and make visits.

Enjoy the blooming flowers and the green trees that will be arriving soon with warmer weather. The best way to appreciate them is by being outside and walking through our lovely town. As you do so you will be improving both your physical and mental health. Have a great Spring!