

EMAYA HEALTH NEWSLETTER

HELPING YOU WALK YOUR WAY TO BETTER HEALTH



Do you know that walking is considered a superior health habit, it may surprise you to learn how much research has confirmed the far-reaching health benefits that regular walkers experience. Walking is the most underrated health prescription therapy for good health and studies show that walking or moderate exercise may reduce your risk for type 2 diabetes and other preventable cardiovascular diseases, and aging.

Have you ever said to yourself, I wish...

1. I had more energy.

Brisk short walking has both a calming and an energizing effect, according to research. And walking may help you feel more alert and well rested because of its ability to improve the quality of your sleep. Walking at a moderate pace can help enjoy deep, restful sleep. The mood boost from walking may enhance your energy levels.

2. I could think more clearly.

Walking will boost circulation in all parts of the body, including the brain. Some research has shown that walking is associated with less cognitive decline and a decrease risk of memory lost. Walking regularly will help you handle stressful situations, and keep you in control of your emotions, improve cognitive function, and help you think clearly.

3. I could work out an appetite.

We have all heard the expression "work up an appetite". The reverse might be true because the study of people with high BMI showed they ate less and dropped some body fat when they started walking. So many walking enthusiasts who picked up the habit have reduced their risk of preventable diseases, lost weight, beat depression, and are enjoying countless other major health benefits.



Exchange a regular or diet soda can for fruit or vegetables

4. I could lose weight.

Losing weight is a great way to reduce your health risk factors and walking can help you accomplish this goal. Walking will increase the number of calories you burn each day and boost your muscle mass, which in turn helps your body burn more calories. Regular walkers are liberated from the battle of the scales because they enjoy a healthy life and burn calories at the same time.

5. I felt happier in general.

Protecting and nurturing your mental health is an important part of overall wellness, and studies show that walking regularly has the ability to lower your stress levels and bring long-term benefits to your mental health by preventing both depression and anxiety.

Now Forming: “K.U.Y.S” (Keep Up Your Stride) walking club.

If you live in the Worcester, Holden, West Boylston, and surrounding areas and if you find it difficult to fit long walks into your daily schedule sign up and we will show you a better way to help you accomplished your goal.

Join the K.U.Y.S. walking club where a lifestyle coach is available to motivate you to reach your goal.

Register online at www.emayahealth.com
or call (508) 459-0030

Join one of
our ten
teams today
and begin
working
towards
taking
control of
your health

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