

How walking can change your life

Many people don't exercise because they believe it takes too much time or money. They may think they need to spend an hour at the gym each day to get healthier. These myths could be standing in the way of a healthier life.

Exercise is a universal way to improve health. We know that physical activity can reduce the risk of heart disease, diabetes and even cancer. It also boosts energy levels and can help you sleep better. But there's another benefit to exercise that many people may not know about: **better mental health.**

If you are thinking about being more active, a walking program is a tried and true favorite form of physical activity. As an exercise, walking is easy to begin and maintain. Plus, it needs no special skills or expensive equipment, and can be done year-round, outdoors and indoors.

For those who thought they didn't have time to walk or exercise, there's good health news. Even a small amount of exercise can help you feel better mentally by reducing feelings of depression and anxiety, and improving cognition.



GETTING A TREADMILL: *Questions to ask*

Treadmills have been a mainstay in gyms for years. Many people also get one for their homes. They're simple to use and can adjust to your fitness level. But should you buy one? Here's what to consider:

How much money do you want to spend?

A new treadmill can cost hundreds — or even thousands — of dollars. But many people can get used treadmills for a fraction of the cost. If you buy a used one, make sure to test it first to be sure it works. Ask the seller if they have the instruction manual.

Can you do other indoor exercise?

You don't need a treadmill to get a good workout inside. You can turn on music and dance or use a fitness video or interactive game. Consider how many days per year you would need the treadmill because of bad weather. Then, weigh that against the cost.

Will it "work" for you?

Do your research before making the investment. Check out online reviews of the exact treadmill you're considering. Find out if it's good for running, walking or both. Will it work with your height? Taller people often need a longer treadmill belt.



Source: Centers for Disease Control and Prevention