

Health Tip of the Month

Walk for a healthy heart!

Exercising for a healthy heart is as simple as **walking!** Studies show for every hour you walk, life expectancy may increase by two hours.

When bad weather makes outdoor activities difficult consider indoor activities. Try exercise videos or simply get a head start on your spring cleaning.

Join the NYC Parks and Recreation Center. It is low cost with indoor locations in all 5 boroughs.

Lets get started. It's **EASY**, it **WORKS**, it **PAYS!**

It's Easy

- Walking has the lowest dropout rate of any type of exercise.

It Works

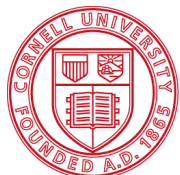
- Walking as few as 30 min a day is the most effective exercise to achieve heart health.

It Pays

- Physically active people save \$500 a year in healthcare costs.

Rainy Days Can be Walking Days

- Take the stairs whenever possible.
- Walk around your office during breaks.



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: brought to you by Jhack Sepúlveda,
Dietetic Intern Queens College. 8/6/11