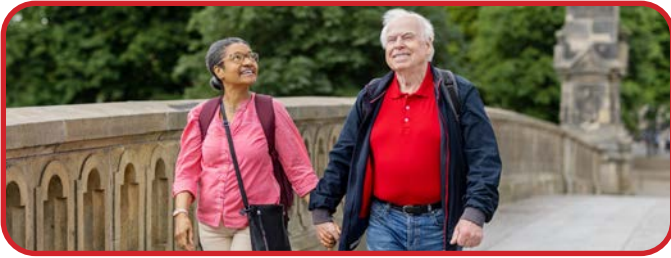# Start walking, move more and feel better.

Walking is among the most popular forms of exercise – and it's good for you!

Walking works wonders.

Research has shown that walking can boost your heart and brain health and lower your chances of heart disease. Walking at a brisk pace for 150+ minutes a week can help you think better, feel better and sleep better.

If you're unable to walk, do what you can to get moving and improve your health, too.

Lace up, then warm up.

Start with a session that feels doable (say, 20 minutes), then gradually increase your time and distance. Stretch beforehand, warming up your hips, hamstrings and calf muscles. Begin with an easy pace, then try speeding up a little. When you finish, consider stretching again – your muscles may feel looser and warmer.

All you need to get started.

For most people, walking is safe, easy to stick with and low- or no-cost. Many people enjoy walking with family, a friend or a pet. Make a plan to take a lunch break if you're having trouble finding time, and tune into some music or a podcast.

Here are some other tips:

- Choose supportive shoes made for walking.
- Wear comfortable, weather-appropriate clothes.
- Drink plenty of fluids.
- Apply sunscreen and wear a hat and sunglasses.

Take strides toward safety.

Using trails or sidewalks is best. (If you have to walk on the street, wear light colors and face traffic so drivers can see you, and vice versa.) Don't forget your flashlight if it's dark out. If you're using headphones, keep the volume low enough so you can hear vehicles, bicycles and emergency sirens.

And remember: Every step and every minute count. Anything is better than sitting still.

heart.org/walking

EAT SMART   MOVE MORE   BE WELL