



Healthiest Nation 2030

April 3 - 9, 2017



**San Benito County Public Health Services
wishes you Happy Public Health Week!**

Thursday is “Walk for Wellness”

When so many of us spend most of our time in the workplace (perhaps sitting at a desk or behind a computer), it makes sense to incorporate more fitness into your work day. How about a lunchtime walk?

Gentle lunchtime strolls can perceptibly — and immediately — buoy people’s moods and ability to handle stress at work. To combat afternoon slumps in enthusiasm and focus, take a walk during the lunch hour.

Here are tips to make the most of a walking lunch.

- **Walk where you will have minimal interruptions:** Select a route that has fewer street crossings and stops for traffic. If you know how much distance you can walk in 30 minutes, you can map out a circular route. If not, you may want a shorter route that you can repeat multiple times.
- **Change into athletic shoes:** You could walk in whatever footwear you happen to wear to work or school. But to get a good brisk walking stride, it's best to change into athletic shoes. Depending on the weather, you may also need an appropriate coat, hat, or to change into shorts and a t-shirt.
- **Warm-Up:** Begin with an easy walking pace for one to three minutes. Use this time to shake out the kinks if you have been sitting or standing for long periods.
- **Steady State Brisk Walk:** Walk at a brisk pace for 10 to 25 minutes, leaving time for a one to three minute cool down at an easy pace.
- **Easy Health Walk:** Some days you will want to take it easier. You can spend the full 30 minutes walking at an easy pace. Concentrate on good posture on the easy day, and taking full, complete breaths.
- **Invite Others to Join You:** Solo walking is great, but you may be more consistent in walking if you have a lunchtime walking buddy. You won't find as many excuses to skip your walk if your friend is ready to get going.

In celebration of Public Health Week and in collaboration with the San Benito Wellness Coalition come out and “Walk for Wellness” on Thursday, April 6, 2017 at noon. Rain or shine, the walk will begin at the corner of San Benito Street and Fourth Street to San Benito High School and back. Everyone is welcome to join in the fun. For more information please contact San Benito County Public Health Department at (831) 637-5367.

