



*Every Body*  
**WALK!**

**30 MINUTES**  
TO BETTER HEALTH



**KAISER  
PERMANENTE®**



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
LEADING THE WAY

Dear Health Care Provider:

What if there were one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.

Walking is a frontline, evidence-based intervention to put your patients on the path to better health, and the Every Body Walk! Walking Prescription is designed to help you do just that.

The Every Body Walk! Walking Prescription includes:

- Office posters
- Walking Rx pad
- Call to Action

Every Body Walk! is a campaign aimed at getting Americans up and moving. With your help, we can spread the message that walking 30 minutes a day, five days a week really can improve one's overall health and prevent disease.

Health care providers and health systems are vital to encouraging patients to walk. Actions you can take include the following:

**1. Talking to your patients about walking**

- Assess physical activity levels at every clinical visit.
- Write walking prescriptions.
- Refer patients to local physical activity resources.

**2. Walking with your team**

- When practical, convert sitting meetings in the workplace to walking meetings.
- Encourage worksite physical activity opportunities and health challenges.

**3. Walking with your community**

- Jumpstart walking in your hometown by holding regular walks for people to support community causes and meet local leaders, elected officials and celebrities.

**4. Be a walking advocate**

- Commit yourself to walking 30 minutes a day.
- Serve as a clinical expert to your elected officials, from your city council and school board on up to your mayor, governor, and state legislators. They need to hear from you and your neighbors.
- Support physical activity initiatives such as Complete Streets, Safe Routes to School, and Walking Schoolbuses.

We urge you to make physical activity consultation a consistent, important part of your interaction with every patient at every visit.

Sincerely,

*Robert Sallis*

Robert Sallis, MD, FACSM  
Physician Spokesperson for Every Body Walk!

[everybodywalk.org](http://everybodywalk.org)

# WALK

YOUR WAY TO BETTER HEALTH

## Anatomy OF Walking

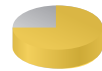


# HEALTH BENEFITS of WALKING



20

WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR



45

WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD



1

WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES



20

WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



## DEMENTIA

Seniors who walk 6-9 miles/week are less likely to suffer from mental decline, including dementia, as they age.



## DIABETES

Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve the risk of Type 2 Diabetes.



## HEART DISEASE

Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol and blood pressure.



## ARTHRITIS

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



## DEPRESSION

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS



WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/WEEK





# Ten Things You Can Do

# to *Support Walking*

The many health benefits of walking have been well documented and presented by Kaiser Permanente and its partner organizations. These messages increase understanding and build the **demand** for walking 30 minutes a day, five days a week (60 minutes every day for kids).

To deliver the impacts we seek for the health of people and places, we must complement a growing **demand** for walking, with ensuring there is an increasing **supply** of safe places to walk.

Beyond health, the 'co-benefits' of walking and walkable places include: enhancing the vitality of our downtowns and public places, increasing property values, building support for protecting green spaces, improving academic performance, building social capital and conviviality, and assuring equitable access to the determinants of health. For many communities, especially those with economic and health challenges, safe places to walk for health, pleasure and to meet daily needs can be in short supply.

Here's a list of ten things that can help make walking attractive, accessible and safe for everyone:

- 1 Have a conversation with your patients about walking:** Assess physical activity levels at every clinical visit.
- 2 Write a walking prescription:** Use the Every Body Walk! Rx pad.
- 3 Refer patients to physical activity resources in their community.**
- 4 Incentivize Walking:** Employ active commuter incentives in the workplace and reward walking, bicycling and transit use – rather than automobile fueling and parking.

- 5 Walking Meetings:** Have walking meetings rather than sitting meetings. Build walking into conferences and events as a way of improving health while strengthening teams and getting work done.
- 6 Active Meet Ups:** Host high profile events to promote walking, such as walks with the mayor, and support events that make the case for the co-benefits to health, the economy and the environment.
- 7 Maps and Signage:** Deploy signage to show people how far it is to get to destinations by walking, and produce and display walking maps for the city/town/region.
- 8 Walk the Streets:** Organize neighborhood and service groups to walk the streets, working with law enforcement and media to ensure that walking is, and is perceived as, a safe and desired option.
- 9 Engage Media:** Find and lift up success stories with local media outlets.
- 10 Get Creative:** The best way we know to generate good ideas, is to take a walk. Today!

Find ways to get engaged with walking and walkability where you live, work, play, pray and vote. Walking is the single most powerful and low-cost activity we can do to improve the health of people and places.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

# Walking Rx

Date: \_\_\_\_\_

Recommended activity level: moderate intensity

Minutes per day: 30 minutes

Number of days per week: 5 or more

Intensity: Hard enough that you can't sing, but not so hard you can't talk during exercise.

Stop: If you experience chest pain, excessive shortness of breath or feel ill.

Signature: \_\_\_\_\_

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