

# Walking Keeps Your Heart Healthy Its one of the best ways to keep fit!



Physical inactivity is a major health risk and is one of the main causes of death and disability in the developed countries of the world. Over 1 in every 5 cases of coronary heart disease is due to physical inactivity.

Your heart is a muscle and, like any muscle, it needs physical activity to keep it in good condition. This doesn't have to mean exhausting runs, buying fancy equipment or joining an expensive health club. Regular walking can give your heart the workout it needs.

## What walking can do for you?

If you are inactive, you are more likely to have a heart attack than someone who is active. Regular walking can help reduce your risk of coronary heart disease. It can also reduce your risk of stroke, diabetes, obesity and osteoporosis.

## Walking can also help you to:

- feel better and look good
- boost your energy levels
- sleep better
- save money
- enjoy the environment
- increase your confidence and self-esteem
- reduce stress levels
- manage your weight, and make friends

Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care First. Services include telephone counselling, information services.

**Call Care First on 0800 174319** and you can speak to a professional counsellor in confidence.

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