Ready. Set. Walk.

Most of us would like to be more physically fit and active, but often it’s difficult to find the time. Additionally, it’s often hard to know where to go or what opportunities are out there to improve our health through physical activity.

To help with this problem, Blue Cross and Blue Shield of Vermont, in partnership with Mt. Ascutney Hospital and the Health Center and with Vermont Department of Health, created this resource dedicated to helping people in our communities become healthier. We hope that this guide will encourage you to take advantage of the walking and hiking opportunities available in your community.

A Walker’s Guide to Brownsville, Hartland, Weathersfield, and Windsor, Vermont

A project of the Orange and Windsor Counties Community Advisory Board of Blue Cross and Blue Shield of Vermont

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the signs of a healthier Vermont

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3 Quick Steps to Fitness:

1. Get started.
2. Walk a thousand steps.
3. Try something new every week.

Walk Challenges:

- Walk a thousand steps.
- Try something new every week.
- Challenge your body and mind to move.
- Change your routine.
- Walk with friends or family.
- Set goals for yourself.
- Celebrate your achievements.
- Enjoy the outdoors.
- Be active every day.

Walking Tips:

- Start slow and gradually increase your distance.
- Wear comfortable shoes.
- Take breaks if needed.
- Listen to music or podcasts.
- Use an app to track your progress.
- Plan your route.
- Find a walking partner.
- Celebrate small victories.
- Find local walking groups.

Additional Benefits of Walking:

- Improves cardiovascular health.
- Reduces stress.
- Boosts immune system.
- Helps manage weight.
- Increases bone density.
- Improves sleep.
- Boosts mood.
- Increases energy.
- Improves cognitive function.
- Reduces risk of chronic diseases.

Conclusion:

Walking is a simple and effective way to improve your health. Whether you’re walking for exercise, leisure, or just to get outside, it’s important to make it a regular part of your routine. Start slowly and gradually increase your distance and intensity to see positive results. Don’t forget to have fun and enjoy the journey.