

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 8 | ISSUE 47



STEP IT UP

BY MIRANDA ZAMORA-WILLIAMS, MS, ATC

Did you know even a short walk can have major benefits for your health? With busy holiday schedules, big celebrations, and even bigger meals seemingly every weekend to close out the year, walking after meals can be an excellent way to fit in frequent low-intensity exercise. Here are a few surprising benefits of walking.

QUICK TRIPS

2-5 minutes of walking after eating can decrease spikes in blood sugar and insulin levels. Reducing these spikes can decrease risk for type 2 diabetes and overall mortality. Keep in mind this is a short walk!

Fitting in a short walk after each meal throughout the day can be a great goal.



A LENGTHIER JAUNT

If you increase that walk to 10-30 minutes per day health outcomes improve. At 30 minutes **total** per day there are decreases in blood pressure for those with prehypertension. These walks can also be broken up into shorter bouts to fit into busy schedules. 30 minutes per day may seem like a lot, but when broken up between short post-meal walks, movement at work choosing to take the stairs rather than the elevator, and parking a little farther away in the parking lot, you'll be surprised at how quickly it can add up!

Did you know even 20 minutes of walking per day is associated with less sick days and decreased sickness severity?



GO THE DISTANCE. GO FOR SPEED.

10,000 steps a day have often been associated with a decrease in risk of heart disease, dementia, and cancer. But these same benefits start at just 2,000 steps per day and increase with every additional 2,000 steps.

WANT TO READ MORE?
SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

