

WALKING FOR THE Way of Wellness

Walking is one of the most accessible, powerful activities that supports the six ways of wellness: intellectual, emotional, social, vocational, spiritual, and physical.



Physical Wellness

Stay in motion with these physical benefits of walking:

Heart Health: Walking briskly for 30 minutes a day, five times a week, can reduce the risk of heart disease.

Weight Management: Walking boosts our metabolism and burns calories.

Joint Health and Longevity: Walking strengthens muscles, lubricates joints, and reduces the risk of arthritis.

Pro Tip: Walk outdoors to get fresh air and Vitamin D to support immune function and bone health.



Intellectual Wellness

Sharpen the mind through these intellectual benefits of walking:

Brain Health: Walking expands the hippocampus, a brain region essential for memory and learning.

Cognitive Boost: Walking supports blood flow to the brain, reducing the risk of dementia and improving brain function.

Pro Tip: Engage your mind by listening to an audiobook or educational podcast on your walk.



Emotional Wellness

Support your mental health with these emotional benefits of walking:

Mood Boost: Walking releases endorphins, the body's natural painkillers and mood elevators, and reduces cortisol levels, the stress hormone.

Enhanced Confidence: Walking consistently is an accessible feat that improves your self-esteem.

Pro Tip: Regulate breathing and emotions on walks by breathing in through your nose and out through your mouth.



Practical Tips for Step Challenge Success

- Set personal goals to celebrate milestones along the way
- Start with 10-minute walks and gradually increase the duration
- Track your steps with pedometers, fitness apps, or smartwatches
- Stay hydrated and lace up with proper footwear
- Explore new routes and trails to keep things interesting



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Social Wellness

Making lasting connections through these social benefits of walking:

Stronger Relationships: Walking with a pet, friend, or loved one fosters connection and accountability.

Making Acquaintances: Walking in public encourages social interactions and meeting new people.

Motivation Boost: Walking with others increases your drive to accomplish things that matter to you.

Pro Tip: Start a walking group to bond and improve morale, like strolls after dinner with family or lunch break walks with colleagues.



Vocational Wellness

Strive for high performance with these vocational benefits of walking:

Focus and Productivity: Walking boosts creative thinking and problem-solving skills essential for any task.

Enhanced Energy: Walking improves circulation, alertness, and energy levels for longer stretches of work.

Pro Tip: Take a five-minute movement break every hour to reset focus and combat sedentary fatigue.



Spiritual Wellness

Move with purpose and presence through these spiritual benefits of walking:

Mind-Body Connection: Walking in nature promotes a sense of peace, gratitude, and purpose.

Reflection and Mindfulness: Walking allows room for self-reflection and alignment with personal values.

Pro Tip: Reflect on things you're grateful for as you walk to elevate happiness and reduce stress.