

## WALKING PREVENTS DEMENTIA

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since dementia affects one in 14 people over 65 and one in six over 80, we reckon that's a pretty great idea.



## WALKING TONES UP LEGS, BUMS AND TUMS

Give definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix and it's even more effective.

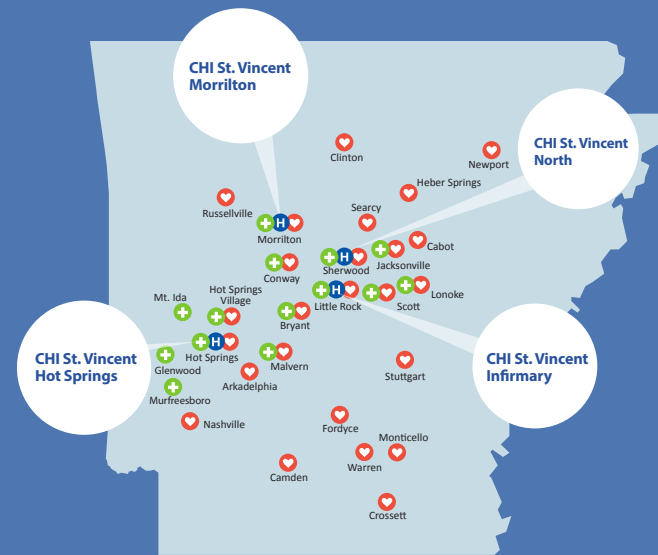
**Pay attention to your posture and you'll also tone your abs and waist.**

## WALKING GIVES YOU ENERGY

You'll get more done with more energy, and a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. **Try walking on your break to achieve more energy later in your work day.**



Your well-being is our number one priority.



CARDIOLOGY HOSPITALS & SPECIALISTS PRIMARY CARE

## together we're healthier

The whole picture of health means care that fits your personal needs, care that's always there when you need it. Your well-being is our number one priority. We offer plenty of primary care options across all of Central Arkansas. In addition, we provide wellness programs and health education.



# CHI St. Vincent WALKING PATHS



*Gentle, low-impact exercise that's easy, and available to everyone – here's why walking rocks:*

## WALKING STRENGTHENS YOUR HEART

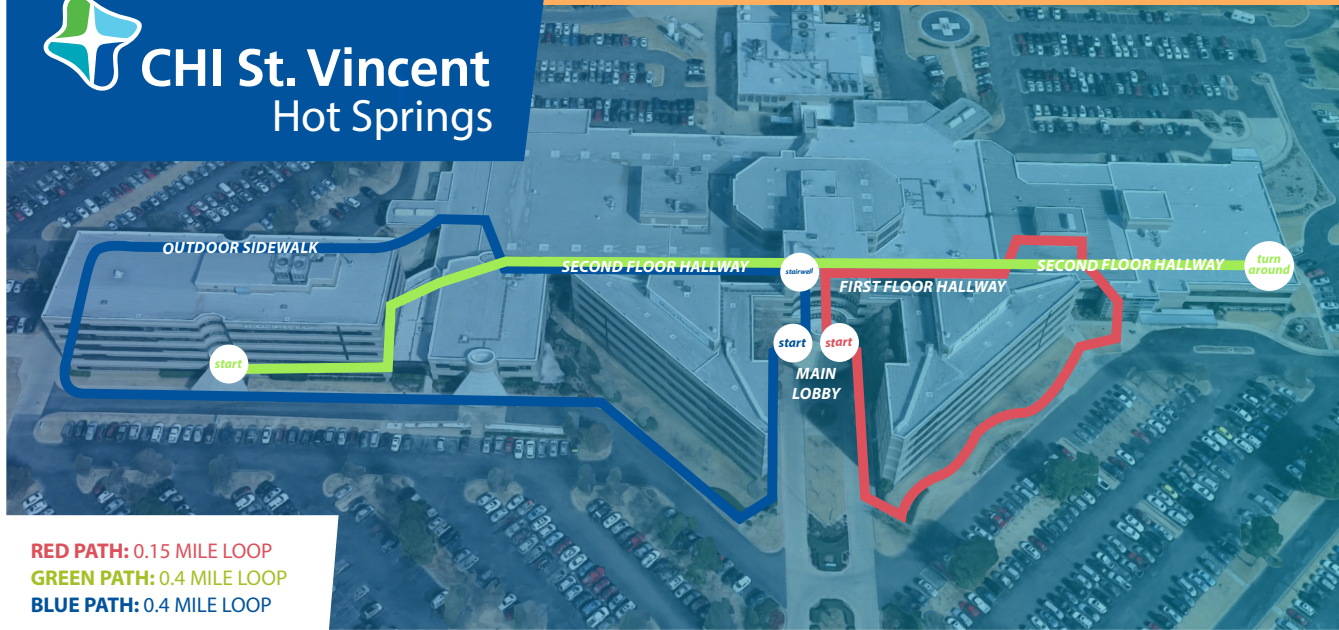
The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.



## WALKING MAKES YOU HAPPIER

It's true – exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. **So for positive mental health, walking's an absolute must.**

 **CHI St. Vincent**  
Hot Springs



**RED PATH:** 0.15 MILE LOOP  
**GREEN PATH:** 0.4 MILE LOOP  
**BLUE PATH:** 0.4 MILE LOOP

**WALKING LOWERS  
DISEASE RISK**

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast or womb with an active hobby such as walking.

**WALKING HELPS YOU  
LOSE WEIGHT**

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150 calories. **Work that short walk into your daily routine and you'll be on a great path to a healthier you.**

 **CHI St. Vincent**  
North



**BLUE PATH:** 0.5 MILE LOOP  
**GREEN PATH:** 0.15 MILE LOOP

together  
we're  
healthier

 **CHI St. Vincent**  
Morrilton

**PAVED PATH LOCATED OUTSIDE  
HOSPITAL ENTRANCE**



**TEAL PATH:** 0.6 MILE LOOP  
**ORANGE PATH:** 0.3 MILE LOOP  
**GREEN PATH:** .4 MILE LOOP

 **CHI St. Vincent**  
Infirmary

NO PRESCRIPTION  
REQUIRED



**1 Lap = 1/4 Mile**  
**4 Laps = 1 Mile**  
**12 Laps = 3 Miles**

