

BENEFITS OF WALKING

Walking is a safe activity to do. Did you know that walking most days of the week improves your health? If you are at an unhealthy weight, walking is the best thing you can do for your health!



TIPS OF THE WEEK

- Walking will help you lose the baby weight!
- Walk 25 minutes each day. That equals 2,500 steps each day!
- Walking will also help improve your overall health.

WALKING HELPS YOU:

LOSE THE BABY WEIGHT¹⁻³

Women that do not walk after having a baby keep up to 15 pounds of the baby weight. Walking burns calories and can help you lose the baby weight!

RECOVER FROM BIRTH⁹⁻¹¹

Women of an unhealthy weight are at a higher risk of having blood clots. Blood clots can travel to your heart and lungs and block blood flow. Walking helps lower the risk!

FEEL GREAT!⁵

A 25 minute walk makes you feel energized. Walking also lowers feelings of anxiety and depression.

LOWER YOUR RISK OF DIABETES⁴

Walking each day helps lower diabetes risk.

LOWER THE RISK OF SOME CANCERS⁷

Walking 1-2 hours each week lowers the risk of breast cancer.

MAKE BONES AND MUSCLES STRONGER⁸

Stronger muscles and bones will help you keep up with your baby when they begin to crawl and walk.

MOMMY AND BABY BONDING

Put the baby in the stroller or carrier and go for a walk. It is never too early to start teaching your baby healthy habits! Bonus: babies love the rocking motion of the stroller!

WHAT YOU CAN DO:

- Follow our walking tips: walk 25 minutes each day this week. That equals 2,500 steps!
- Wear your pedometer all day. Take it off when you sleep and shower.
- Take a break from sitting. If you have a favorite TV show, stand up and march in place or walk around the house with your baby during commercials⁶.



RESOURCES:

MAYO CLINIC - WALKING: TRIM YOUR WAISTLINE, IMPROVE YOUR HEALTH

mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20046261

AMERICAN HEART ASSOCIATION – THE BENEFITS OF WALKING

startwalkingnow.org/whystart_benefits_walking.jsp

US DEPARTMENT OF HEALTH – PHYSICAL ACTIVITY HAS MANY HEALTH BENEFITS

health.gov/paguidelines/guidelines/chapter2.aspx

CDC – THE BENEFITS OF PHYSICAL ACTIVITY

cdc.gov/physicalactivity/everyone/guidelines/pregnancy.html

BLOGS:

WALK SCORE – THE BENEFITS OF WALKING

blog.walkscore.com/2013/02/top-10-health-benefits-of-walking/

POSTPARTUM WALKING EXERCISE

pregnancyandbaby.com/the-hatch-blog/articles/931393/fight-postpartum-walking-exercise-boredom

VIDEO

EVERYBODYWALK - WALK FOR HEALTH: THE BEST MEDICINE

youtube.com/watch?v=mbIM1LTfytQ

EVERYBODYWALK - BENEFITS OF WALKING

youtube.com/watch?v=m1rRo7COIRI

APPS:**EVERYBODY WALK**

everybodywalk.org/app/

ARGUS

itunes.apple.com/us/app/argus-pedometer-calorie-nutrition/id624329444?mt=8

FITBIT

itunes.apple.com/us/app/fitbit/id462638897?mt=8

MY FITNESS PAL

myfitnesspal.com

DIGIFIT ICARDIO

itunes.apple.com/app/digifit/id314841648?ign-mpt=uo%3D5

REFERENCES

1. Vesco KK, et al. Excessive gestational weight gain and postpartum weight retention among obese women. *Obstet Gynecol*, 2009;114:1069-75.
2. Østbye T, et al. Predictors of Postpartum Weight Change Among Overweight and Obese Women: Results from the Active Mothers Postpartum Study. *J Womens Health* 2012;21:215-222.
3. Walker L, et al. Retention of pregnancy-related weight in the early postpartum period: implications for women's health services. *J Obstet Gynecol Neonatal Nurs*, 2005;34:418-27.
4. Swartz AM, et al. Increasing daily walking improves glucose tolerance in overweight women. *Preventive Medicine* 2003; 37:356-362.
5. U.S. Department of Health and Human Services. (2008). 2008 Physical Activity Guidelines. Chapter 2: Physical activity has many health benefits. Retrieved from <http://www.health.gov/paguidelines/guidelines/chapter2.aspx>
6. National Institutes of Health. Tips to help you get active. Retrieved from <http://www.win.niddk.nih.gov/publications/PDFs/tipsactive.pdf>
7. Hildebrand JS, et al. Recreational physical activity and leisure time sitting in relation to postmenopausal breast cancer risk. *Cancer Epidemiology, Biomarkers & Prevention* 2013;22:1906- 1912.
8. National Institutes of Health. (2012, January). Exercise for your bone health. Retrieved from http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Exercise/default.asp
9. Paidas MJ (6 May 2012). ACOG/CDC Maternal mortality meeting taking maternal mortality review into action deep vein thrombosis. The American College of Obstetricians and Gynecologists. Retrieved from <http://www.acog.org/~media/Departments/Public%20Health%20and%20Social%20Issues/20120506-11b.pdf?dmc=1&ts=20140729T1515557931>
10. March of Dimes (2013). Warning signs after birth.
11. Vieira de Pava L, et al. Maternal obesity in high-risk pregnancies and postpartum infectious complications. *Rev Assoc Med Bras* 2012;58:453-458.