

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Sciences Column
Month of May 2025
By Jamie Rathbun, Family and Community Wellness Agent

Step Into Better Health

Imagine if there was one action you could take daily to give you all these health benefits:

- Maintain a healthy weight
- Strengthen heart and lungs
- Reduce risk of stroke and heart disease
- Strengthen bones and muscles
- Improve balance and coordination
- Manage and prevent high blood pressure and high cholesterol levels
- Ease joint pain
- Improves mood

Would you make time each day to support your health? Knowing that this one action could support so many health factors, why would you not take a walk daily?

That's right, walking each day can elevate our health in so many ways! Let's meander through some facts about the amazing benefits of walking every day.

Walk More. Stress Less. Walking is one of the simplest ways to get and stay active.

- *Walking is the most popular form of exercise.* For most people, it's safe, low-or no-cost, and easy to stick with.
- Research has shown that *walking can have a significant impact on your health by lowering your chances of heart disease.*

- *Walking at a lively pace at least 150 minutes a week can help you think better, feel better, and sleep better.*

Make a Move. One in four U.S. adults sits for longer than eight hour each day. **Sitting for too long can hurt your physical and mental health.**

- *A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%. If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States.*

Sweet Dreams. Prioritize sleep and aim for seven to nine hours a night.

- *Getting a good night's sleep every night is vital to cardiovascular health.* Too little (or too much) sleep is associated with heart disease, studies show. Good sleep improves mood, memory, and reasoning.

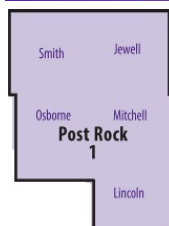
Check the Stress. Money, work and family responsibilities, and health concerns are top sources of stress.

- *Chronic stress can impact your emotional and physical health. Stress can increase your risk for heart attack and stroke.*
- *Workplace stressors – such as long hours, finances, job security, and work-family conflict – are as harmful to your health as secondhand smoke.*

Now that we know that walking isn't just good for our body – it's a simple and powerful way to care for our mind and soul, let's get out for a brisk walk to make a world of difference for our heart health and mental clarity.

Join Post Rock Extension District during May (National Walking Month) for some Walk at Lunch days. Check our website (www.postrock.ksu.edu) or our Facebook page ([Post Rock Extension](#)) for more details.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Jamie Rathbun at jrathbun@ksu.edu or by calling 785-524-4432. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



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