Dear Friends,

Blessings in the name of our new born savior, Jesus Christ! As we begin this journey together into the New Year, I want to visit with you about another trek…one to good health. One of the best ways to protect and promote health is by staying active and one of the best ways to do do so by *staying in step with the Lord* .Indeed Proverbs reminds us that”…a prudent man gives thoughts to his steps.

**10,000 Steps to Health**

There is ample scientific evidence to support that for most people, walking can be an excellent form of exercise. It is simple, can be done alone with little equipment. Experts recommend that we take a 30 minute brisk walk every day. This can likely reduce chronic disease 50-70%. It can help you to lose weight which is one of the factors adding to the development of chronic disease.

**Your Parish Nurse’s prescription for beginning your walking program includes:**

* Check with your health care provider first
* Use a pedometer or your cell phone to keep track of your daily steps ( this will help you to maintain your motivation)
* Checking your equipment: do you have good shoes….reflective clothing for nighttime walking?
* Start small and gradually increase your goals by 200-500 more step per week
* Consider multi-tasking using weights or walk your dog
* Accountability: Tell someone about your plan and ask them to help hold you accountable
* Keep it up! It takes several months to turn a behavior into a new habit
* Consider working a prayer walk into your wholistic health program.

Happy New Year!

Doris Branson , Parish Nurse