

# Take Some Steps for You!

Walk to get some exercise and to be healthy. Walking helps:

- manage your weight
- reduce stress
- improve sleep
- control blood pressure
- keep bones and joints healthy
- make muscles strong
- lower risk for heart disease, cancer, and type 2 diabetes



Try to fit in at least 30 minutes of walking or exercise most days of the week. Split it up into three 10-minute chunks if that works better for you. If it is easy for you to talk or sing, step it up! Pick up your pace!

Been out of action lately? Out of ideas? Feel like there is no time? A good walk can be your first step.

Walk this way!

- Take the stairs
- Park far away and walk
- Get off the bus one stop earlier and walk
- Walk with your kids to school or to their bus stop
- Walk in place while watching TV

Even if you only walk during the commercials, you can get in 20 minutes of exercise in an hour long show.

## Take the first step now!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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