

Small Changes for Health 2006

Week 15



Walking is a great activity almost everyone can do. You don't need a lot of special or expensive equipment; just a sturdy pair of running shoes will do. You can do it almost anywhere. It is relatively safe to do too. However, walking also provides a multitude of health benefits at the same time. Walking on a regular basis can help you to strengthen your heart and bones and improve your mood. It can also help you to reduce your risk of obesity and obesity-related diseases. Isn't it time you took that first step? This week's small change is based on that idea.

Your Small Change: Make sure you take a 15-minute walk outside at least 3 times this week.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

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Follow -Up: Week 15

Your Small Change: Make sure you take a 15-minute walk outside at least 3 times this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

