

Hi Family:

I wanted to send these two items separately. Attached is the Mayo Clinic January Article they asked us to share with you and the public. We're sharing it with you before we share with social media. Below is the QR Code for our NHBC Step Tracker and the 12 Week Step program that starts today. If you have any questions getting started, I have copied our Health n Wellness Ministry Co-Leaders Sisters Querida Walker (East Valley) and L'Tanya Miller (West Valley). Feel free to contact them directly.



QR Code for our NHBC Step Tracker (It will take you directly to the tracker to setup your profile.) or you can click the link. <https://nhbc-step-tracker.glideapp.io/>

This 12-week walking schedule is from the National Heart, Lung, and Blood Institute. Walking consistently can lead to better health. Before starting this walking plan, talk with your doctor if you have serious health issues or concerns. If you are age 40 and over and you've been inactive, tend to lose balance or become dizzy, take medications, or become breathless after mild exertion, please talk with your doctor first.

Use a fitbit or small pedometer to keep track of your steps. Record them in the NHBC Step Tracker app. You will want to save this app on your home screen first then login from the app. Click on **Steppers** in the menu below. Click **add a New stepper** and your photo, then click submit in the top right hand corner. To record your steps, Click on the **Step Login** the menu below. Click on your name that you added, enter your steps and the date you stepped, then click submit in the top right hand corner. You can virtual walk to different cities or back and forth between the East and West NHBC locations.

Before walking first write down your daily average or base steps for a day and then set a goal. You can aim to walk 2-5 days a week. This walk program has you start out warming up with a five-minute, slower paced walk. Then moderate, last a low pace to cool down during the last five minutes. Modify the minutes to 1-2 minutes warm up, walking, and cool down if you have been inactive and increment from there.

From Mayo's website they recommend that you start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly — generally about 3 to 4 miles an hour. You should be breathing hard, but you should still be able to carry on a conversation. Each week add about two minutes to your walking time. After you've tried the walking schedule for 12 weeks, aim to increase the time you're walking briskly even more, from 30 to 60 minutes a day.

-- Pastor Jackson

Week	Warmup	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes