

Walking Toward a Healthier You



There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

There really are so many benefits for such a simple activity!

Sole-Mate: A Friend by Your Side

The thought of being alone can be enough to keep some people from walking. The best way to solve this is by finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise and spend time with family and friends!



SAFETY TIP: Remember to wear High Visibility clothing when walking. High Vis clothing; vest, hat, shoes, etc. is just as important when walking along a road as it is when working along a road. Also remember to walk facing traffic and not walk with traffic. Facing traffic you can see if there is a driver not paying attention and avoid the danger.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and

procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: The Benefits of Walking

Project: _____ Address: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
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11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)