



Week 4

According to Statistics Canada and the Canadian Health Measures Survey (CHMS), roughly 1/3 of Canadians achieve the “well-known” pedometer target of 10,000 steps a day.

According to a CTV report based on findings made by Stanford University, Canadians take an average of 4,819 steps a day. Let’s focus on the importance of walking. We all know that more movement is better than none, but walking generates quite a bit of benefit that far exceeds weight loss, mobility, and keeping the body moving.

A few benefits of walking:

- ✓ Daily leisurely walking activates the parasympathetic nervous system which is the body’s “rest and digest” or “peace” mode. This in turn reduces stress/cortisol levels which can be a culprit of increased belly fat.
 - ✓ It can relieve symptoms of anxiety and depression
 - ✓ It can reduce knee and joint pain
 - ✓ Walking will strengthen your muscular and skeletal system
 - ✓ It is a low impact form of exercise that is accessible to most people and improves your heart health
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Habit #4 : Walking

- ✓ It provides a release of feel-good hormones (endorphins)
- ✓ Lowers blood sugar levels (according to the American Diabetes Association)
- ✓ Boosts your ability for better sleep (physical activity naturally boosts the effects of melatonin which is the “sleep” hormone)
- ✓ Walking also boosts your brainpower. In one study, brain scans of people who walked briskly for one hour three times a week showed the decision-making areas of their brains worked more efficiently than people who attended education seminars instead.

And this list goes on! The benefit does not come solely from achieving 10,000 steps a day. Take 30 minutes a day to yourself to get outside while taking in nature, fresh air, and changes in elevation which all naturally occur with an outdoor walk.

Habit #4 : Walking

Your habit to add this week is 30 minutes of walking daily. Ideally, this would be an outdoor walk, but as weather can sometimes impact this option to be something that is enjoyable, even an indoor walk is great!

Keep in mind that although 30 minutes has additional benefit to your parasympathetic nervous system of reducing anxiety and stress, this walk can be broken up into two walks of fifteen minutes each.

You can also add more walking into your day by:



- parking farther from your destination
- taking the stairs when possible
- drinking more water to encourage more trips to the bathroom which gets you up and moving

This week's video module focuses on mind sets. Whether you are looking for overall improved health, or you have a weight loss goal in mind, it is important to not only keep realistic expectations, but know that change takes time. Lasting progress is going to come slower than you want or expect it to.



Summary Week 4

Actionable items for this week:



- Download the document to follow along with this week's video module
- Watch this week's video module
- Track whether or not you walk 30 minutes daily (preferable outdoors)
- PLUS continue tracking your daily minimum protein, water and high protein breakfast goals.

Reach out **via email** if you have any questions. I will also compile a FAQ document of all the questions I receive. Chances are that if you have a question, someone else does too.
