

Simple Ways to Better Your Health: Try Eating Breakfast & Walking More!

Celebrate *National Breakfast Month* and *Healthy Aging Month* by making small changes to your daily routine that will lead to improved overall health and well-being.

Try these meals:



For breakfast recipes visit: HealthyEating.org

Why Eat Breakfast?

- * Those who eat breakfast tend to weigh less than those who skip it.
- * Your breakfast choices can influence your mood, concentration and performance level throughout the day.
- * Healthy breakfast consists of 3 out of 5 food groups. Make sure that one of these food groups is high in protein: meats, beans and nuts, or milk and milk products.

Visit HealthyEating.org for more breakfast tips!



Walk With Ease: Small Steps to Better Health

Did you know that only 48 percent of Americans get the recommended amount of physical activity? Walking is an easy way to increase physical activity and overall health. The U.S. Department of Health and Human Services recommends at least 150 minutes/week of physical activity. You can incorporate walking into a busy schedule by breaking up the 150 minutes. Choose to walk 30 minutes a day, five days a week—and walk those 30 minutes in a single setting, two 15-minute periods or three 10-minute periods.

The Arthritis Foundation's six-week *Walk With Ease* program can help you safely make physical activity part of your everyday life. The program works well for anyone at any level, whether a beginner or an experienced walker. *Walk With Ease* is an evidence-based multi-component program that includes walking, health education, stretching and strengthening exercises and motivational strategies to reach goals. The *Walk With Ease* program is proven to:

- * Reduce the pain and discomfort of arthritis.
- * Increase balance, strength and walking pace.
- * Build confidence in your ability to be physically active.
- * Improve overall health.

For more information visit: www.arthritis.org.



Move of the Month

Follow the *Walk With Ease* [5-Step Basic Walking Pattern](#) to help you walk safely and protect your joints and muscles. Check out the links to video demonstrations.

Step 1: [Warm up by walking at a slow pace \(3 to 5 minutes\)](#)

Step 2: [Gently stretch \(4 to 5 minutes\)](#)

Step 3: Walk (5 to 30 minutes)

Step 4: Cool down (3 to 5 minutes)

Step 5: [Gently stretch again \(7 to 9 minutes\)](#)