

Newspaper Article - August 10, 2020

Title: Let Purdue Extension help you “Get WalkIN”

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Are you ready to get moving, improve your health and enjoy life more? Get WalkIN’ is a free e-mail based walking program being offered through Purdue Extension in Daviess County. Participants can sign-up, walk on their own and receive e-mailed support and information. It is designed to encourage individuals to learn more about the health benefits of walking and encourage individuals to get moving.

Walking is a popular form of physical activity—and good for your health! Only half of all American adults get the recommended amount of physical activity. Lack of physical activity is directly related to the occurrence of adult obesity and overweight. Regular physical activity can lower risk of heart disease, high blood pressure, type 2 diabetes, osteoporosis, depression, and falls in older adults. Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle.

Walking is accessible to almost anyone, doesn’t require specific skills or abilities to perform, can be performed alone or with others, and is adaptable (i.e., can be performed at any chosen intensity, and is inexpensive). Walking can serve many purposes. It can be a way to exercise, have fun, or get to school, work, or other nearby destinations. Importantly, making walking easier can help communities by improving safety, social cohesion, local economies and reducing air pollution.

Do you know that you need to get more active but lack the initiative to get started? Do you make excuses like “I do not have time, I don’t want to walk alone, or where would I walk?” Have you started to walk and lost interest or motivation? Get WalkIN’ is just for you! You will receive e-mails that provide encouragement, motivation, provide information about health and wellness, and more!

The program will start Monday September 7, 2020. Participants will be asked to complete two short online surveys. To sign up email or call Jennifer Stefancik, jstefanc@purdue.edu or call 812-254-8668. Before you know it, you will be walking, feeling better, having more energy, and a new healthy habit!