

# Is Walking Enough Physical Activity?

For some, walking may be the only form of physical activity that is accessible, affordable, and realistic. Experts say that walking is considered enough to be healthy.

Walking is a great activity, and it's accessible to such a wide variety of the population. You don't need any special equipment, facilities, skills, or training. A short walk each day can offer several healthy benefits including improved metabolism, stronger bones, reduced depression and anxiety and stress relief.

American Council on Exercise guidelines for older adults emphasize a **holistic approach**, combining 150–300 mins/week of moderate aerobic activity, strength training (at least 2 days/week), as well as balance and flexibility focusing on functional movements to help prevent falls as you age. This means getting the body moving, heart rate up and gradually adding a slight bit of intensity along the way.



*If walking is your primary (only) form of exercise, it is time to make adjustments. Upgrade your walk! Try some of these changes to your routine and see how much more benefits you will get.*

- **Increase your distance over time:**

Instead of walking the same distance each time, shock your body a little by increasing the mileage on some days. Also, change up your routine by walking a different route or going to a new location (park, trail, etc).

- **Pick up the pace or incorporate speed in intervals:**

Running is optional, but if you choose not to run, focus on your stride length, heel-to-toe connection, and pumping your arms. Play a game in which you track your mileage to certain landmarks and see how fast you can get there while being safe.

- **Introduce elevations:**

Walking up hills or stairs will challenge the leg muscles and increase the respiratory system. Remember to take bigger steps when ascending hills (lean forward and pump those arms); smaller steps descending and make certain to lean back to keep the weight on your heels.

- **Listen to music or podcasts:**

Put on your favorite tunes (pattern your steps to the music) or play talk radio to help relax the body as you enjoy the walk.

- **Join a walking group or encourage a friend to walk with you:**

Another way to alter your walking pace and distance is through socialization.

- **Add arm (or hand) weights:**

One sure way to get in upper body exercise, but most importantly allows you the ability to swing your arms —work on controlling arm swing action. Add in a few shoulder raises, bicep curls, tricep extensions.

- **Incorporate cross training:**

Instead of walking on some days or when inclement weather strikes, use the elliptical, bicycle or NuStep machine to work the leg and cardio muscles differently. This can also help improve your stride and endurance.

If you're just getting started with walking, remember to start small and make realistic and achievable goals. Always be patient with yourself and **LISTEN** to your body.

Lastly, **nutrition matters, as well**. You can't walk your way out of an unhealthy diet. BUT eating well is critical for a healthy lifestyle and reducing mortality risk. So don't overindulge on those high fatty and sugary foods. Get enough protein, fiber and carbohydrates—and DRINK plenty of water!

ENJOY the walk!

# FIT & WELL

# NEWSLETTER

## January/February 2026

### FITNESS DEPARTMENT

### EXT. 2015



#### Important Info:

\*Fitness Survey

January 12–23, 2026

Please provide feedback on the Fitness programs, staff and related areas of the department.

\*Dementia & Heartfelt Connections Presentation  
Thurs., Jan. 29th @ 2pm

\*National Wear RED Day  
Fri., Feb. 6th

Dorn your red for heart health awareness and join us for a heart health challenge.

\*Chinese New Year  
Thurs., Feb. 17th

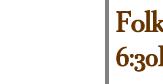
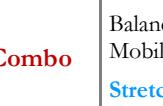
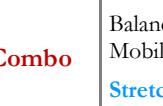
\*Dementia Sensitivity Simulation  
Thurs., Feb 19th

- CONTEST!
- 2026 Event Theme Contest**
- Entries for the **2026 National Senior Health & Fitness Day Theme Contest** are now being accepted. We are looking for a catchy, clever slogan to promote the importance of regular physical activity for older adults across the U.S.
- The slogan should be:**
  - A short phrase or sentence ■ Positive and have an upbeat message
  - No longer than two lines ■ Original—something you came up with
- Recent winning themes:**
  - “Move Today for a Better Tomorrow!”
  - “Make Fitness Your Friend for Life!”
  - “Exercise Your Way to a Better Day!”
  - “Activity—A Choice You Can Live With!”
  - “Get Moving...It’s a Step in the Right Direction!”
  - “With Movement...There’s Improvement!”
- Prize:**
  - A \$250 cash prize will be awarded to the national winner. The slogan will appear on selected National Senior Health & Fitness Day promotional items.
- The entry deadline is January 16, 2026.**
- The contest is open to adults ages 50+ and multiple entries are permitted.
- Stop by the Fitness Department today to pick up a copy of the submission form.**

## JANUARY GROUP EXERCISE & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The 2026 Fitness Survey will be distributed during Jan. 12th- 23rd. In order to continue, improve and make better use of the Fitness Department, we are asking <u>ALL</u> residents to share their feedback on the current exercise classes, fitness center, equipment, staff, as well as your ideas for additional health & fitness services to be available at RVP. Please take a moment to complete the survey and return to the Fitness Coordinator Vivian O. Smith. Thank you!			Pickleball 9AM 1  ALL CLASSES ARE CANCELLED	Pickleball 9AM 2 Resident Walking Group 9AM Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM Silver Sneaker Classic 1:30PM	Pickleball 9AM 3
Pickleball 9AM	4 Toning & Sculpt 9:15AM Chair Qigong 10:15AM(w/Ling)(\$) Rock Steady Boxing 1PM (\$) International Folkdance 6:30PM 	5 Pickleball 9AM 6 GYF w/Eccentric Mvmt 9:45AM (w/Ling)(\$) Chair Yoga 11AM (w/Ling) (\$) Wii Bowling 12PM	7 Toning & Sculpt 9:15AM Fitness Combo 11AM Rock Steady Boxing 1PM (\$) Resident Tap Dance 3PM	8 Pickleball 9AM 9 Boot Camp 9AM Balance, Strength & Mobility 10AM Resident Walking Group 9AM Stretch & Flex 10:30AM Sit & Be Fit 12PM HC Exercise 1:30PM Resident Tap Dance 3PM	9 Pickleball 9AM 10 Pickleball 9AM	
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<p><b>February is Heart Health Month!</b> Join us as we raise awareness about heart disease and the importance of knowing your numbers related to heart health risk. <b>National Wear RED Day (2/6)</b> is one way we'll show support &amp; spark conversations about heart health. Throughout <b>February</b>, we'll offer <b>heart-healthy</b> challenges &amp; activities designed to help you improve and protect your heart health. <b>Take a step toward a healthier heart!</b></p>																		
<p><b>CALL 911 IMMEDIATELY</b> <b>SPOT A STROKE</b> LEARN THE WARNING SIGNS AND ACT FAST <b>B E F A S T</b></p> <table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Loss of balance, headache, dizziness</td><td>Eyes: Blurred vision</td><td>One side of the face is drooping</td><td>Arm or leg weakness</td><td>Speech difficulty</td><td>Time to call for ambulance immediately</td> </tr> </table>													Loss of balance, headache, dizziness	Eyes: Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Time to call for ambulance immediately
																		
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All classes and times are subject to change due to variable factors. Please consult the Fitness Staff for updated information.