

THE BALM  
IN GILEAD  
INC.

# Sunday Morning

HEALTH CORNER



## Get Moving: Make Walking a Part of Your Day

Walking is a free and effective form of exercise that people of all ages can enjoy. With longer daylight hours in the spring, it becomes easier to step outside, restart a walking routine and take advantage of the physical and mental health benefits of regular movement. The extra evening light can make it easier to fit a walk into your daily routine after work, dinner or other activities (HealthyAging.net, 2026).

### Benefits of Taking a Daily Walk

Walking is one of the most accessible ways to stay active. It requires little equipment beyond comfortable shoes and can be done almost anywhere including neighborhoods, parks or local trails.

Regular walking supports overall well-being by helping reduce stress, improve mood and encourages consistent physical activity. Even short walks during the day can help refresh energy and break up long periods of sitting. Walking outdoors can also provide a mental reset and help people feel more connected to their surroundings. Over time, these small moments of movement can contribute to stronger daily health habits.

### Why It Matters

Simple activities that fit easily into daily routines are often the ones people maintain long term. Walking regularly can help support heart health, mobility and independence while also providing time outdoors and opportunities to connect with others.

Building a consistent walking habit can make it easier to stay active year round and support long term healthy lifestyle habits. Making movement part of everyday life can also help improve energy levels and overall quality of life

### What You Can Do

- Schedule short walks before work, during lunch or after dinner.
- Start with a 10 to 15 minute walk and gradually increase your time.
- Track your daily steps to stay motivated and monitor progress.
- Take advantage of longer evening daylight to walk outside.
- Invite a friend, neighbor or family member to walk with you.



<https://healthyaging.net/>

The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at [balmingilead.org](http://balmingilead.org).

*The Balm In Gilead supports your health journey. The content we share is for informational purposes only and is not a substitute for medical advice. Always consult your doctor or qualified healthcare provider. Additionally, any medical professionals contributing their general expertise are not providing personal medical care or forming a patient-provider relationship.*

