

# HealthBreak

APRIL 2016

## Hey You! Take a Hike!



This is a great time of year to enjoy being outside. Spring is in the air, flowers are growing, trees are budding, and there's not much better for your health than a walk outside.

Think about how many hours a day you sit. If you're like most Americans, you probably sit most of the day. The National Center on Health, Physical Activity, and Disability (NCHPAD) states that, "People who are physically inactive have an increased risk of colon and breast cancer." They also note that "People who are sedentary have the highest rate of heart attack."

Don't risk making yourself vulnerable to disease just because you sit too much. Just get up and get outside. Hiking, or walking, is such a great exercise and just about everyone can enjoy it. Really, all you need is a good pair of walking shoes. The best scenario is that you take a friend, family member, or pet with you when you walk.

If you find you're spending a lot of time sitting, try to come up with some ways to avoid it. For instance, if you're watching a television show, get up during commercials and move around, do some stretches, or alternate between push-ups and sit-ups until your show starts back. When you go for a long drive, try to

schedule some brief stops every couple of hours so you can get out for a short walk. Even if you're on a long airplane flight, stand up every hour or so and just stretch your legs and arms.

Probably the biggest deterrent is spending too much time in front of your computer. Whether you're at work or at home, it's so easy to get caught up in something and, before you know it, hours have gone by. Don't let yourself get caught in this predicament. Set a timer for one hour, and when your timer goes off, go for a short walk. You'll be surprised how much better you can feel just by getting up and moving.

Now, go do it!

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