



## Upcoming Events

### Vaccination Clinic

**When?** Thursday, 10/11  
1:00pm to 4:00pm

**Where?** Board Room

Visit [columbiabasin.edu/vaccinationclinic](http://columbiabasin.edu/vaccinationclinic) for more information.

### Exercise Classes

(Mondays & Wednesdays)

*Exercise Classes with Kim Elgin!*

**When?** 11:30am – 12:30pm

**Where?** Aerobics Room (G103F)

A series of exercise classes which utilize resistance and cardio training to help get you in shape! Remember, your fitness level is not important - you work at a pace that is right for you.

*Walking with Elise Leahy!*

**When?** 11:30am – 12:30pm

**Where?** Lobby outside of Aerobics Room

A guided walk with your choice of a 1- or 2-mile walk on a designated path around the College. Offers a great opportunity to get outside and enjoy the fresh air with your colleagues!

## Benefits of Walking

### Why Walk?

If you're anything like me, the thought of getting in my daily exercise after a long day at work is motivating just enough to land me on the couch in front of the TV. After all, who wants to hit the gym for an intense workout session when they could be watching Monday Night Football or catching up on their latest DVR recordings?

Just me? I didn't think so. In fact, a recent U.S. Surgeon General report on physical activity and health in America points out the fact that more than half of Americans do not participate regularly in any type of exercise.

So why does working out have to be such a chore? The good news is that it doesn't. Despite the common idea that working out requires an expensive gym membership or fancy piece of workout equipment, many people, including myself, often discredit the one exercise that comes so naturally to us—walking.

In addition to being one of the simplest forms of exercise, walking boasts an extremely low drop-out rate due to its convenience and numerous health benefits. Additionally, as a low-impact activity, walking provides us a life-long exercise program that can be performed by people of all ages.

As with other forms of exercise, walking can help prevent:

- Heart disease
- Obesity
- High blood pressure
- Type 2 diabetes
- Osteoporosis (thinning bones), and
- Mental health problems (such as depression).

Physical activity, such as walking, can also help manage your weight, reduce stress, balance your mood and improve your overall wellbeing.



**DID YOU KNOW**



**Regular moderate intensity exercise with a healthy diet may reduce one's risk of developing type 2 diabetes by 40 to 60 percent.**

## Get Moving

According to the Surgeon General, as little as 30 minutes of physical activity each day is enough to improve your energy level and mood, aid with weight loss and reduce your risk of other chronic illnesses. So what are you waiting for? Get moving!

The key is to pick activities and an exercise program that fit easily into your daily routine. Walking, given its convenience and accessibility to almost everyone, is a great option for tackling your recommended 30 minutes each day. If it sounds too easy, or if you are looking for a challenge, try picking up the pace, walking uphill or carrying weights while you walk. You will want to make sure that you are engaging in at least 10 minutes of activity each time, as shorter increments of activity will not have the same health benefits.

Ready to get started? Check out these easy ways to incorporate more physical activity into your daily regimen:

- Take the stairs rather than the elevator at any chance you get.
- Try parking further away from your destination.
- Get a walking buddy or take a family walk after dinner.
- Walk to get the mail instead of driving.
- Buy a pedometer and wear it each day to count your steps and track your improvement.
- Form a walking group with a regular schedule – accountability is crucial.
- Replace a coffee break with a brisk 10-minute walk and ask a friend or co-worker to go with you.
- Take part in a workplace exercise program.
- Try a new hobby. Golf, hiking and tennis are a few great ways to increase your steps!

Remember, physical activity does not have to be strenuous in order to reap the benefits of a healthier lifestyle. Even small increases in light to moderate activity, equivalent to walking for about 30 minutes a day, will produce measurable benefits. So keep it fun and make your daily routine something to look forward to!

### LOOKING TO JOIN A GYM? CHECK OUT CBC'S FITNESS CENTER!

With the cooler weather upon us, many people will be moving indoors to achieve their fitness goals. If you're looking to join a gym, CBC's Fitness Center is just the place for you! Better yet, it is offered as a *free* resource to CBC Staff and Faculty.

The Fitness Center features:

- An extensive free-weight area with Hammer Strength, Smith machines, squat racks, etc.
- An aerobic & strength training "Super Circuit" program for a complete and efficient workout.
- A cardiovascular area with the newest equipment, including ellipticals, treadmills, stair steppers, recumbent bikes, rowing machines, etc.
- A stretching area and health testing areas.
- ADA compliant and accessible to all!

Hours of operation are Mon-Thurs 6:00am-6:00pm, Fri 6:00am-5:00pm, and Sat 8:00am-12:00pm (noon). Must present valid CBC ID to use the facility.

**For more information, contact the Fitness Center at (509) 542-4418.**

Source(s): <http://www.walkinginfo.org/>  
<http://www.choosemyplate.gov/physical-activity/increase-physical-activity.html>