

**Lucent
IN MOTION**



Omaha's Walking Trails



Get in Motion with Walking

Boosting physical activity and lowering health risks are high priorities for Lucent Health Services. With ***Lucent in Motion***, an initiative aimed at improving the health of Lucent people, Health Services is encouraging everyone to **get more physically active**. One of the best ways to fit physical activity into your lifestyle is to walk.

Walking is the body's most natural exercise. It's **safe, simple, free**, and requires no special equipment or membership fees. It's the type of physical activity you can do almost anywhere. No other exercise is more convenient.

When it comes to improving your health, just a few minutes of walking can be beneficial. Research shows most people receive the same **health benefits** by fitting in three short 10-minute walks as they can by taking a 30-minute walk. The goal is to accumulate 30 minutes of physical activity on most days of the week. So next time you **take a break**, why not **take a walk**. The rewards are great—you'll boost your energy, reduce stress, and reduce your risk for heart attacks, stroke and many other health problems.

Here's a tip:

Walking should be enjoyable. If you can't carry on a conversation while walking with a friend, slow down, you're walking too fast. But don't make it too easy either. As your body becomes conditioned to walking, step up to a more formal program of "fitness walking" and increase your speed to about 3 to 5 miles per hour.

For more information on walking, contact the Health Services Hotline at:

1-888-345-6784 TTY: **1-800-883-0588** or send e-mail to **healthpromo@lucent.com**.

