Date _____ Distance _____ Total Steps _____

Notes from the walk (companions, how I felt, weather, etc):
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movement log

14-day walking/running challenge

movement for life
physical therapy

little moves, big strides

We believe in movement. For every age and for life. And walking is one of the best forms of movement with many health benefits. Studies have shown walking just 30 minutes per day can help you:

- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer, & Type 2 diabetes
- Strengthen your bones and muscles
- Improve balance & coordination
- Improve cardiovascular fitness
- Improve muscle endurance
- Increase energy levels
- Maintain a healthy weight
- Strengthen the immune system
- Reduce stress & tension

sometimes the best medicine is movement.

warm-up with us

Use your smart phone camera to scan this QR code & follow along to the free warm-up videos (or go to movementforlife.com/articles).

your team of movement experts

From participating in outcome programs to developing high-tech, high-touch solutions, we trust in data-driven results to lead our treatment plans. But we also know there's a story behind every outcome. That's why we're not only driven by results, we're inspired by what keeps our clients going. Because it's what keeps us going, too.

To learn more about how Movement for Life can help you moving forward, visit **movementforlife.com.**

Sources

Mayo Foundation for Medical Education and Research. (2021, May 19). Walk your way to fitness. Mayo Clinic. Retrieved November 12, 2021, from https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261.

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