



## Are You Ready, Feet?

### R<sub>x</sub> RECOMMENDATION FOR WALKING

Name \_\_\_\_\_ Date \_\_\_\_\_

- The Centers for Disease Control and Prevention (CDC) recommends people reach a goal of 150 minutes of activity per week each week, which can help improve blood pressure, weight, cholesterol and even mood. That equals a little more than 20 minutes a day, or you can break it down to suit your schedule and lifestyle.
- Reaching that goal is simple and every step counts - JUST WALK.

#### Provider Recommendations:

Track your health, get rewarded! Log minutes, miles or steps at  
[www.LIHealthCollab.org](http://www.LIHealthCollab.org)  
for your chance to win an Apple product. Available while supplies last.

**The Long Island Health Collaborative** - A partnership of Long Island's hospitals, county health departments, community physicians and other health providers, community-based social and human service organizations, academic institutions, health plans, local government, and the business sector engaged in improving the health of all Long Islanders.



This healthcare provider and the Long Island Health Collaborative assume no liability for anyone choosing to engage in a walking/activity plan.