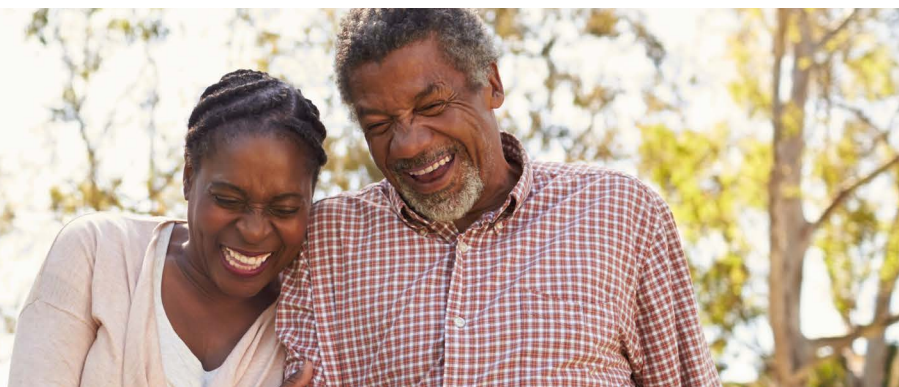




A member of the  
Office of Well-being



#### Are You a Manager?

Ten minutes ... that's all it takes! Learn how to enhance well-being within your team through our new **Ten-Minute Well-Being Tips for Managers** program. [Click here](#) to register for the series.

“If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk. - Hippocrates”

Fitness trends — think Jazzercise, aerobics, CrossFit — can be a great way to “switch it up” and work out different muscle groups. However, there’s a timeless and effective form of exercise you shouldn’t overlook: walking. Read on for information and tips on this basic and accessible form of physical activity.

#### Brisk Walking: How Much?

Scientists often study the health benefits of “brisk walking.” But how fast is that? It depends, in part, on how fit you are. Your “brisk” may be more strenuous for someone not used to taking longer walks. A brisk walk may leave you just a bit out of breath, with a slightly increased heart rate, and perhaps a bit sweaty. If you’re looking for a target, it’s about 3 to 3.5 miles per hour. Aim for a half hour per day at least five days per week.

Don’t let these numbers deter you: If you can only fit in a 15 minute walk, go for it! Every step counts.

#### Emerging Benefits

Walking is good for you for the reasons exercise is good for you: It reduces your risk

of heart problems. It’s a way to manage stress. It can help you sleep better. It can promote a healthy body weight. If these reasons aren’t enough to get you moving, walking may have **additional benefits** of boosting your immune system, reducing the risk of breast cancer, and taming genes related to obesity.

#### Keep it Going

One of the best parts about walking is that it can be done nearly anywhere. Whether you’re on vacation or at your local grocery store, there are always ways to get some more steps in. If it’s safe to travel, you can explore new towns, parks or forests with a long walk. Bring a friend as a way to socialize and stay accountable. Invite others to a walking challenge through the Healthy at Hopkins portal or join the Race the Globe steps challenge.

Walking can be a great form of exercise! Remember to round out your activity with strength training and stretching. Consult your primary care provider or a specialist if you have questions or concerns about pain, mobility, or footwear.

Healthy at Hopkins has launched new resources focused on how mindfulness can help decrease stress, create a greater sense of ease in life, and improve sleep as well as physical and mental health. These offerings include two new workshops: **Self-Compassion in Action**, to improve your relationship with yourself, and **From Overwhelm to Ease: How Mindfulness Can Change Your Life**. For more information on these offerings, see [this flyer](#) or visit the [Worksite Wellness Menu](#).

#### Ask the Expert

Every Thursday, noon–12:30 p.m.

Join a 30-minute Ask the Expert Session with Caroline Cumpsty Fowler, PhD, MPH, ACC, Senior Director for Nursing Well-being, The Johns Hopkins Health System, to engage in discussion about how asking for help is indeed a courageous act of self-care.

<https://lcah.webex.com/lcah/j.php?MTID=mc312f98f75ffda34ca670e618a845060>

Meeting number (access code): 2310 086 8337

Meeting Password: 6KuB5i7kSKq

Join by phone: 404-410-4502



## Johns Hopkins Employee Highlight

Sylvia Devlin, IT Manager  
The Johns Hopkins Hospital

I was able to get off blood pressure medication by completing changing my lifestyle, cutting out processed food and exercising regularly. I go to bed early so I can wake up early and get in an hour of exercise before work. I also make sure to take time to connect with family and friends. I feel so much better after I spend time with people who love and care about me.

Share your story.  
[Click here](#) to submit.

Visit the Healthy at Hopkins portal (via [my.jh.edu](http://my.jh.edu) and select the Healthy at Hopkins logo).

[Click here](#) for more resources from the Office of Well-being.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. [Click here](#) to see offerings and to request an event.



Follow us on Twitter,  
[@HealthyHopkins](https://twitter.com/HealthyHopkins),  
to share how you stay  
[#HealthyatHopkins](https://twitter.com/HealthyHopkins).



JOHNS HOPKINS  
MEDICINE