



Remember to:

- Walk at least 3-4 times weekly.
 - Wait approximately 1 hour after meals.
 - Use the “talk test” – you should be able to converse without breathlessness.
 - Slow the pace or stop completely if you experience any chest pain, pressure or tightness.
- If this persists, see your doctor.

Why take Healthy Steps?

- Walking 1 mile can burn up to 100 calories.
 - Walking gives your energy level and immune system a boost.
 - Walking can improve your mood, self-esteem and circulation.
 - Walking can reduce your cholesterol, blood pressure and body fat.
 - Walking can relieve stress and lower back pain.
 - Walking can strengthen joints and bones to fight osteoporosis and arthritis.
 - The American Heart Association recommends taking 10,000 Healthy Steps a day.
- Plus when your lap card is full, you can turn it in to the mall office for a prize!



Mall Walking Information



The WellSpan Good Samaritan Hospital and Lebanon Valley Mall want you to improve your health through the Healthy Steps program.



