



**Live Well,
Work Well**
April 2024

The Health Benefits of Walking

Walking is often overlooked as a form of exercise; however, it offers several health benefits for the body and mind. This simple yet powerful activity is accessible to people of all ages and fitness levels, requiring no special equipment, memberships or training. By boosting physical fitness and enhancing mental well-being, incorporating regular walks into your routine can improve overall health.

- Reduced risk of developing conditions such as heart disease, Type 2 diabetes, osteoporosis and some cancers

Mental Health Benefits of Walking

Beyond its physical benefits, walking also holds immense potential for nurturing one's mental well-being and emotional balance. Consider these benefits:

- Reduced stress and anxiety
- Improved mood and emotional well-being
- Enhanced cognitive function and reduced risk of cognitive decline and dementia
- Better sleep patterns and quality

The U.S. Department of Health and Human Services recommends moderate-intensity aerobic exercise—such as brisk walking—for 150 to 300 minutes a week.



Physical Health Benefits of Walking

Walking is a natural, low-impact form of exercise that can yield notable improvements in physical fitness. Simply putting one foot in front of the other can unlock a myriad of benefits for your body, including:

- Increased cardiovascular health (e.g., lower blood pressure and cholesterol levels)
- Improved respiratory health
- Strengthened muscles and joints
- Boosted immune function
- Weight management support

Get Walking Today

Whether it's a leisurely stroll through nature or a brisk walk around the block, incorporating regular walks into your routine can improve both body and mind. Walking for 30 minutes at least five days a week is a great way to improve or maintain your overall health and well-being.

While brisk walking is safe for most people, it's still important to talk to your doctor before you start an exercise program.



A Closer Look at Hospice of the Piedmont's EAP Benefit

What is an Employee Assistance Program (EAP)?

VITAL WorkLife EAP is a confidential counseling and support service designed to assist employees in managing various personal and professional challenges that may impact their well-being. It is there for you when and how you need it. All your EAP resources are completely confidential and can be utilized by you and any member of your family, including your spouse or significant other, children (regardless of age or location), and even extended family members. Your employer will not know who uses the resources, when, or for what reasons.

Your EAP includes the following resources and much more.

In the Moment
Counseling Support,
Available 24/7

Face to Face or
Virtual Counseling

Nurse/Educator Peer
Coaching

Legal and Financial
Consultation/Online
Work and Life
Resources

Vital Worklife App

Helping You Face Work and Life Challenges

Your EAP includes both in-the-moment counseling, available anytime, day or night, as well as face-to-face or virtual counseling sessions with a licensed behavioral health consultant. EAP counseling is available at no cost to you and your family members and includes {5} face-to-face or virtual sessions, per incident.

VITAL WorkLife can help with a wide variety of issues, including but not limited to:

Relational:
Marital Counseling,
parenting and child
concerns,

Emotional:
Support with depression,
stress, anxiety, grief,
anger, or loss

Legal:
Overcoming legal and
financial problems.

Life Balance:
Tackling workplace conflicts
or challenges

Substance Abuse:
Assessments and
counseling for problem
drinking or other
substances

Getting help is easy!

- Call 800.383.1908
- Visit Vitalworklife.com and use Username: NCMSPLAN Password: NCMSPLAN
- Download the VITAL WorkLife app



Mark your
calendar!



Physical & Mental
Wellness

Tai Chi

April 26 at 12:30 p.m.

(High Point)

May 24 at 12:30 p.m.

(Asheboro)

WE WANT TO HEAR FROM YOU!

The Wellness Committee values
your opinions and ideas!

To contact us, send an email to:

wellness@hospiceofthepiedmont.org