

# JOIN A WALKING GROUP FOR HEALTH BENEFITS

## STUDIES SHOW...



- Joining a walking group improves health, including blood pressure, heart rate, and more.
- Individual benefits include stress relief, weight loss, and increased energy.
- High adherence and it's usually free to join.

## CALM SOCIAL NERVES...



- Some individuals may feel uneasy about joining a group due to social awkwardness, concerns about fitting in, or comparing themselves to others regarding clothing, shape, and size.
- Surprisingly, many prefer walking groups over gyms because they're less worried about being judged.

## MOTIVATION TO STAY...



- Participants find unexpected fitness improvements, better well-being, and enjoy companionship.
- Group walking leads to more significant distances and challenges.
- Some can opt out of socializing while still benefiting from group presence.
- Distraction from the journey can lead to better results.

## JOIN OR START A WALKING GROUP!



Check out *Walk Across Texas* for an 8-week fitness program or take a *Walk Through Texas History* for a 4-week program combining steps and history.



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