

MARCH
into

May



**Welcome to Week 2
Keep up the good work!**

WALK FOR YOUR PET



Dog owners enjoy numerous health and social benefits from walking their dog a few times a week. Brisk, moderate-intensity walking that gets your heart rate up is shown to be just as effective as running in lowering the risk of high blood pressure, high cholesterol, Type 2 diabetes and other conditions. The more people walk, the greater the health benefits. So for all you pet owners out there - get outside and walk with your four-legged friend! Check out the dog trails near you!

Did You Know?

As beneficial as it is to our **health**, walking is not the only factor that explains why pet ownership is linked to longevity. Pet companionship can also reduce loneliness and lead to lower rates of depression and stress.



Step Counter Tip

Try downloading a free walking app like **MapMyWalk** that tracks your steps and activities using the accelerometer chip in your mobile phone.

**Track Steps
Set Goals
Measure Progress**

Employee Spotlight



M. Leon Berrett
Public Works Operations

"Our dog Kenai lost his sight and can no longer run around the yard chasing birds. Now he loves to go on walks even more than he used to. I usually take him on daily walks. This makes him very happy and it's healthy for me."

