

Walk, walk, walk



Which exercise offers the greatest health benefit with the least risk? Walking! According to fitness specialists, walking is a great exercise because it uses several large muscle groups and raises the heart rate sufficiently to benefit the cardiovascular system.

As a weight-bearing exercise, walking also helps prevent osteoporosis. In addition, if you begin your walk by doing five to 10 minutes of stretching, you'll get the benefit of increased flexibility and decrease your risk of injury.

For walking to be an effective cardiovascular exercise, you must reach and maintain the proper intensity level for 30 minutes. Try this rule of thumb: Walk briskly until you feel a little short of breath but can say four or five words comfortably. That's the right intensity level.

Sticking with it

No willpower, you say? Try these tips to make your fitness regimen succeed:

- **Be real.** Set a reasonable goal for yourself. If walking for 30 minutes

three times a week is what you know you can achieve—fine. Don't shoot for the moon only to fail.

- **Bring a friend.** You can encourage each other on those days you don't feel like exercising.

- **Shake it up.** Walking the same route day after day will become monotonous and discouraging. Plan new routes.

Free prostate cancer screenings

Northside Hospital will host free prostate cancer screenings at all three of its hospitals during Prostate Health Month in September. Healthcare professionals will screen adult men for symptoms of the disease and offer free prostate-specific antigen (PSA) blood tests. Men who haven't had any previous treatment for prostate cancer and aren't currently under treatment by a physician relating to their prostate health are eligible to participate.

The American Cancer Society recommends that men discuss the benefits and limitations of early detection with their physician beginning at age 50 if they're at average risk for the disease and beginning at age 45 if they're at high risk. Men at high risk include those of African-American descent and men with a first-degree relative (father, brother, son) who was diagnosed before age 65. Men who have several

first-degree relatives who had prostate cancer at an early age should discuss the pros and cons of early screening with their physician, beginning at age 40.

➔ Tuesday, Aug. 31, 6–8 p.m.

Northside Hospital-Cherokee
Outpatient Rehabilitation Services Building
211 Hospital Road, Canton

➔ Wednesday, Sept. 15, 6–8 p.m.

Northside Hospital-Forsyth Infusion Center
1100 Northside Forsyth Drive, Suite 140, Cumming

➔ Thursday, Sept. 23, 6–8 p.m.

Northside Hospital-Atlanta Cancer Center
1000 Johnson Ferry Road, Atlanta

Screenings are free, but **registration is required.** Please call **(404) 845-5555** and press "0" to schedule an appointment.