

CCCRA Press Release - Friday, March 24, 2017

## Hayesville Students Invite You to Walk the Quanassee Path

People across the nation will kick off the spring trail season on Saturday, April 8. Hayesville students will be kicking off their own Opening Day for Trails, by walking on the Quanassee Path, Friday, April 7. This will be the second year the students and community have called attention to the health benefits of walking, by walking on the Quanassee Path in downtown Hayesville.

Regardless of your age, fitness level or ability, walking is for everyone. According to Ashley Ashworth writing about Health and Wellness for the Rails-to-Trails Conservancy, there are five ways walking can improve your health.

**Improve Your Mood:** Regular exercise releases endorphins and neurotransmitters like feel-good serotonin that may ease symptoms of depression. It can also take your mind off your worries and increase opportunities for social interaction. Researchers at Stanford University found that not only did a walk in nature improve mood-but cognitive functioning and working memory as well.

**Reduce Your Risk of Heart Disease:** Exercise can lower blood pressure, raise HDL cholesterol (“good cholesterol”) and help your body manage blood sugar. The heart is a muscle, and the more you use it the stronger it gets.

**Boost Energy:** Regular exercise helps your cardiovascular system work more efficiently, giving you more energy to do the things you love.

**Give You Better Sleep:** One study found that when people got at least 20 minutes of exercise a day, they saw a 65 percent improvement in their sleep quality.

**Help You Lose Weight:** If you are trying to shed some pounds, walking is one of the best ways to be physically active. The best way to lose weight is to get your heart pumping. Walking for one hour can burn more than 200 calories.

So now you know some of the health benefits of walking, won't you bring a friend, co-worker or family member to “Take the Quanassee Path to Good Health” on Friday, April 7? Hayesville students will be on the trail from 12:30 – 2:15 pm. Students and others walking the trail on April 7 will receive a bookmark, compliments of the Kate B. Reynolds Charitable Trust.

