

THERMAL WALKS

One more way to boost your activity level is by taking a **Thermal Walk**.

A **Thermal Walk** is a 10-20 minute leisurely-paced walk taken after completing a meal.

At Hilton Head Health, we have been promoting them for 40 years.

THERMAL WALKS ARE BENEFICIAL FOR THE FOLLOWING REASONS:

- **When we eat our metabolism increases**, when we engage in activity our metabolism increases. When combining the two, you get a slight extra boost to your metabolism.
- **Combining a walk with the end of a meal is Healthy Habit Pairing.** Attaching a healthy habit, like walking, with the end of a meal, causes your brain to associate eating and walking. Thus, your motivation to walk after a meal will begin to strengthen.
- **Walking after a meal helps to reduce blood sugar levels.**
- **Finding ways to include more activity into your day is always beneficial.** Although we refer to it as a Thermal Walk, it could be any form of aerobic activity performed at a leisurely pace. So, if you prefer, you could do a thermal bike ride or dance, etc.

Now that you know what **Thermal Walks** are, we encourage you to incorporate them into your **REAL Weight Loss Journey**. Start with one a day. You might find you like it enough to add another. If possible, recruit a friend or colleague to go with you.

It is important to emphasize that the activity be performed at a leisurely pace. It is not recommended to eat a meal and exercise vigorously, shortly thereafter.

move well • eat well • be well