Walking for Wellness

University of Southern California
Health Sciences Campus

Too many of us are powering through the day, full throttle, and never stopping until it’s time to call it a day. But, even on the busiest days, stepping away from work to take a walk may be just the thing you need. Why? Because walking just might make you better at your job.

**Studies have shown that walking boosts your brainpower:**
- Walking improves concentration and memory.
- Moving your feet increases creativity and your ability to solve problems.
- And it reduces stress and puts you in a better mood.
- Lunchtime walks make you more productive in the afternoon.

When you walk, more oxygen and blood get pumped to the brain, stimulating brain activity. Making a habit of walking helps develop new connections between brain cells, increases the volume of the hippocampus and stimulates the growth of new neurons.

**Regular walking is not only great for the brain, it’s also great for the body.**
- Walking reduces the risk of developing heart disease.
- Movement helps keep your cholesterol in check.
- Exercise improves bone strength.
- Even aching backs feel better with regular exercise.

This map shows you one way to clock a mile right here on the Health Sciences Campus. Grab water, a hat and some sunscreen and get outside today.