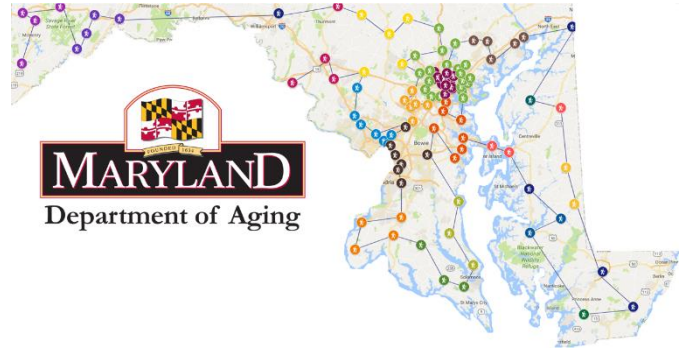


Senior Centers Walk Maryland 2017

Resources and Research on Walking



Resources

[The Walking Center](#) (International Council on Active Aging)

[Building a Walking Workout](#) (Arthritis Foundation)

[Walking for Your Health](#) (Go4Life from the National Institute on Aging at NIH)

[Moving Ahead: Strategies and Tools to Plan, Conduct, And Maintain Effective Community-Based Physical Activity Programs for Older Adults: A Brief Guide](#) (CDC Prevention Research Centers-Healthy Aging Research Network)

[Create the Good: Walking Group Toolkit](#) (AARP)

Research Articles

[Effect of Ecological Walking Training in Sedentary Elderly People: Act on Aging Study](#) (The Gerontologist, 2013)

[Taking Steps to a Healthier Nation: Increasing Physical Activity Through Walking](#) (Journal of Physical Activity and Health, 2015)

[Rural Neighborhood Walkability: Implications for Assessment](#) (Journal of Physical Activity and Health, 2015)

[Walking Workstation Use Reduces Ambulatory Blood Pressure in Adults With Prehypertension](#) (Journal of Physical Activity and Health, 2015)

News Articles

[A 1-Hour Walk, 3 Times a Week, Has Benefits for Dementia](#) (The New York Times, 2017)

[Walk Hard. Walk Easy. Repeat.](#) (The New York Times, 2015)

[Walking Fends Off Loss of Mobility, And It's Not Too Late to Start](#) (NPR, 2016)

[Walking Every Week May Help to Fight Common Form of Dementia, Study Finds](#) (Medical Daily)