Can walking a mile really make a difference to your health?

Yes! The potential health benefits of walking at a moderate pace for at least 30 minutes a day are well established*. Simply by walking you can improve your cholesterol profile, blood pressure and blood sugar; lower the risk of obesity; feel more energetic; fight stress; and reduce the risk of heart disease, type 2 diabetes, and breast and colon cancer.

* American Heart Association

The Monday Mile is a fun way to jump-start your week with a light dose of physical activity with a healthy dose of benefits. Meet us in the CECH Courtyard and enjoy positive health benefits while socializing with others and making a commitment to stay fit throughout the week.

Outdoor walking is weather dependent so please contact carole.donnellon@uc.edu for Monday Mile start times or check out Twitter hashtags #UCMileMonday #BewellUC