



WEEK 1- Benefits of Walking

10,000 DAILY STEPS CAN LEAD TO LIFETIME OF HEALTH

One of the biggest tools for success also happens to be one of the simplest ones. Walking is something most people can do, regardless of their individual level of fitness. Regardless of whether someone has an active and physical lifestyle or whether the normal physical activity is a short trip from the couch to the refrigerator, increasing the amount of daily walking has significant benefits for both short and long term.

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is free and doesn't require any special equipment or training. Physical activity does not have to be vigorous or done for long periods in order to improve your health.

Some Benefits Of Walking

-Cardiovascular fitness

-Strengthen bones

-Reduce risk of developing conditions such as type 2 diabetes, osteoporosis and some cancers

-Low impact way to get in shape and lose weight

Walking between 7500 and 10000 steps a day is one of the keys of fitness.

-Improves sleep

-Decreases hypertension, reducing risks for heart attacks and strokes

Walking daily has been shown to increase good cholesterol (HDL) and decrease bad cholesterol (LDL).

-Reduces stress

Can quickly help you improve your health when balanced with other positive habits.

-Increases balance, muscle power and endurance

-Improves the mood and battles the effects of depression

-Gives you time to think

Daily walking can act as a form of meditation. It gives you time to mull over ideas. If you have problems at work or at home, a nice walk could help you to come up with solutions.

-Reduces fatigue

-Once you form the habit, it is easy to turn it into a lifestyle change

Of all the forms of fitness and exercise routines, walking has the highest compliance rate.

-Slows mental decline

Daily walking can make you sharper, smarter and reduces the chances for long term mental disease because it helps to increase blood flow through the brain.

Wearing Your Pedometer

Wearing a pedometer or other tracking method motivates people to walk more. NBC Nightly News recently reported people who wear a pedometer or other tracking method walk one more mile on average than those who do not.

2019 Well-Being Walkabout

WEEK 1

ATHENS

Parthenon

The Parthenon is a former temple on the Athenian Acropolis, Greece, dedicated to the goddess Athena, whom the people of Athens considered their patron. Construction began in 447 BC when the Athenian Empire was at the peak of its power. It was completed in 438 BC, although decoration of the building continued until 432 BC. It is the most important surviving building of Classical Greece, generally considered the zenith of the Doric order. Its decorative sculptures are considered some of the high points of Greek art. The Parthenon is regarded as an enduring symbol of Ancient Greece, Athenian democracy and Western civilization, and one of the world's greatest cultural monuments. To the Athenians who built it, the Parthenon and other Periclean monuments of the Acropolis were seen fundamentally as a celebration of Hellenic victory over the Persian invaders and as a thanksgiving to the gods for that victory.



Acropolis of Athens

The Acropolis of Athens is an ancient citadel located on a rocky outcrop above the city of Athens and contains the remains of several ancient buildings of great architectural and historic significance, the most famous being the Parthenon. The word acropolis is from the Greek words ἄκρον and πόλις. Although the term acropolis is generic and there are many other acropoleis in Greece, the significance of the Acropolis of Athens is such that it is commonly known as "The Acropolis" without qualification. During ancient times it was known also more properly as Cecropia, after the legendary serpent-man, Cecrops, the supposed first Athenian king.



Monastiraki

Monastiraki is a flea market neighborhood in the old town of Athens, Greece, and is one of the principal shopping districts in Athens. The area is home to clothing boutiques, souvenir shops, and specialty stores, and is a major tourist attraction in Athens and Attica for bargain shopping. The area is named after Monastiraki Square, which in turn is named for the Church of the Pantanassa that is located within the square. The main streets of this area are Pandrossou Street and Adrianou Street.

