

Benefits of Walking:

- Reduces Risk of Cancer.
- Helps Prevent Weight Gain.
- Reduces Risk of Heart Disease and Stroke.
- Boosts Your Brain Power.
- Improves Mood and Relieves Stress.

Ways to Increase Steps:

- Use the restroom one floor down (or up) at work instead of heading for the one just down the hall.
 - Take the stairs.
 - Park further away from your destination.
 - Get off the bus or subway one stop early.
 - Walk over to your coworker's desk instead of e-mailing her/him.
 - Make it a nightly habit to go for an after-dinner stroll with the family.
 - Take a daily afternoon "brainstorming" walk.
 - Make your next meeting a walking one.
-

Benefits of Water:

- Keeps your skin moisturized and reduces the appearance of fine lines and wrinkles.
- Helps You Lose Weight: Water suppresses your appetite, so you don't eat as much.
- Helps You Build Muscle: Drinking plenty of water enables your muscles to work harder and longer before they feel tired, and this can help you build muscle.
- Removes Toxins: If your body lacks water then your heart has to make an extra effort to pump fresh oxygenated blood to your organs, causing severe health issues.
- Good for Your Joints: Your joints need moisture in order to remain strong and flexible, so that your movements are smooth and pain free.

Ways to Increase Water Intake:

- Add flavor to your pitcher.
- Drink a glass after every bathroom break.
- Sip before every meal.
- Dilute sugary drinks with water and ice.
- Keep a gallon jug nearby.
- Invest in a water filter.
- Choose sparkling or mineral water



AlphaMed Press

The Hitchhikers Guide to



AMP 2016 Wellness Program



Chicago, IL → Santa Monica, CA



Route 66 Facts:

- Route 66 is 2,448 miles long.
- Current maps do not include old Route 66. The last stretch of the road disappeared from "official" maps in 1985.
- Route 66 crosses 8 states and 3 time zones. The states that the Mother Road runs through are: Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona, and California.
- In 1926 only 800 miles of Route 66 were paved. Only in 1937 did Route 66 get paved end-to-end.
- It was going to be named U.S. 60 but was changed to 66 as it did not run coast-to-coast.
- Route 66 was decertified as a U.S. highway in 1985 (before its 60th birthday).

States We Will Visit:

- Illinois
- Missouri
- Kansas
- Oklahoma
- Texas
- New Mexico
- Arizona
- California