

## Walking for fitness: Improve your health

**Reduce your risk of a heart attack.** Walking keeps your heart healthy by lowering low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol (the "good" cholesterol). A regular walking program also reduces your risk of developing high blood pressure, a factor that also contributes to heart disease.

**Manage your blood pressure.** If you already have high blood pressure, walking may reduce it.

**Reduce your risk of developing type 2 diabetes.** Regular exercise reduces your risk of developing type 2 diabetes. If you're a woman, overweight and at a high risk of diabetes, walking can improve your body's ability to process sugar (glucose tolerance).

**Manage your diabetes.** If you already have type 2 diabetes, taking part in a regular walking program can improve your body's ability to process sugar, lower your blood sugar, reduce your risk of heart disease and help you live longer.

**Manage your weight.** Walking burns calories, which can help you manage your weight. For example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.

Sources: [www.cdc.gov](http://www.cdc.gov)

**Manage stress and boost your spirits.** Going for a brisk walk is a great way to reduce stress. Regular walking also can reduce feelings of depression and anxiety.

**Stay strong and active.** As you get older, walking for physical fitness can prevent falls, help you stay mobile and maintain your independence.

**Set performance goals.** People who stick with a new behavior for six months usually make it a habit.

**Make it fun.** If you don't like walking alone, invite your spouse, partner, friend or neighbor to join you. You might also join a health club and use a treadmill.

**Healthy Bladen Collaborative** is a collaborative partnership. Our mission is to enhance our community's quality of life by encouraging personal and community responsibility for good health.

For more information contact the Bladen County Health Department:  
Health Education at  
910-862-6900 ext. 5.

## BLADEN COUNTY RESOURCE GUIDE



American Red Cross	1-800 Help Now	Bladen County <b>Parks and Recreation</b>	910-862-6770	Elizabethtown Chamber of Commerce-	910-862-4368
Assisted Care In Home AIDE	910-862-6263	Bladen County Partnership for Children ( <b>Smart Start</b> )	910-862-3335	·Family First	910-862-2534
Assisted Care Home Health	910-332-2341	Bladen County Schools	910-862-4136	·FEMA	800-462-9029
Bladen Baptist Association	910-862-3496	Bladen County <b>Youth</b> Focus Project	910-872-5333	Four County Community Services Inc.	
Bladen Center of Southeastern Regional <b>Mental Health</b>	1-800-662-7030	Bladen Crisis <b>Assistance</b>	910-879-1032	<b>Head Start</b>	910-862-3880
Bladen Community College	910-879-5500	<b>Bladen Crisis</b> Store	910-879-1033	·Lower Cape Fear <b>Hospice/Home Care</b>	910-862-4916
<b>Bladen County Animal Shelter</b>	910-862-6918	Bladen <b>Family Support</b>	910-647-0743	·Medication Assistance	910-872-6343 910-862-6930
Bladen County <b>Arts</b> Council	910-879-5641	Bladen Literacy Council	910-862-1506	NC Dept of Commerce-Division of Work- force Solutions (formerly Employment Com- mission)	910-862-3255
Bladen County Cooperative <b>Extension &amp; 4-H</b>	910-862-4591	Bladen <b>Ministerial</b> Association John Goodman-Secretary	910-862-3736	QuitlineNC (English) 1 -800-784-8669 (Spanish) 1-800-335-3569	
Bladen County Department of <b>Social Services</b>	910-862-6800	Bladen <b>WE CARE</b>	910-862-9004	Safe Kids Coalition	910-862-6900
Bladen County Division on <b>Aging/Senior Center</b>	910-862-6930	Bladenboro, Elizabethtown, Clarkton, <b>Housing</b> Authority	910-863-4919	Southeastern Community & Family Services (formerly Four County Community Service)	910-862-6790 or 910-862-6791
Bladen County <b>Emergency Services</b>	910-862-6704	<b>Bladen Medical</b> Elizabethtown 910-862-5500 Dublin 910-862-3528 Bladenboro 910-862-3138		United Way of Bladen County	910-879-9843
<b>Bladen County Environmental Health-</b>	910-862-6852	Boy Scouts	910-395-1100/ext. 23	Women, Infants, Children ( <b>WIC</b> )	910-862-6900
<b>Bladen County Health Department</b>	910-862-6900	<b>Cape Fear Valley Regional Medical/Bladen County Hospital</b>	910-862-5100	<b>Young Families</b> Connect	910-862-6900
Bladen County Home Health & HIV Case-management	910-862-6901	Community Care of Lower Cape Fear	910-879-1080		
<b>Bladen County Health Education</b>	910-872-6252 or 910-872-6264	Commwell Health	910-862-6142		
Bladen County <b>Libraries</b> Elizabethtown 910-862-6990 Clarkton 910-647-3661 Bladenboro 910-863-4586		TriCounty Services (Health-Dental-Behavioral) EastPointe MCO- Center for Behavioral Health 1-800-913-6109			

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**SHERIFF'S DEPARTMENT /**

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**EMERGENCY SERVICES -**

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**911 OR 862-6960**

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