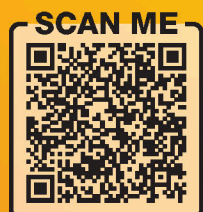




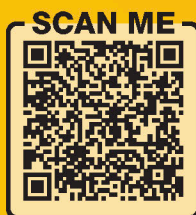
Engaging in regular self-care can contribute to improved mental and physical health. It helps reduce stress, promotes better emotional wellbeing, enhances resilience, and fosters a healthier work-life balance.

Whether it's a walk, a quiet moment with a book, or simply savoring your favorite tea, it is important to take time for yourself every day. Below are a few ideas to help you plan your self-care routine:

- **Healthy Nutrition:** Fuel your body with balanced meals to support overall well-being.
- **Stay Hydrated:** Drink enough water throughout the day for optimal bodily functions.
- **Regular Exercise:** Incorporate physical activity into your routine to boost mood and maintain good health.
- **Mindfulness and Relaxation:** Practice techniques such as deep breathing to manage stress.
- **Social Connections:** Nurture relationships with friends and family for emotional support.
- **Unplug from Technology:** Take breaks from screens to reduce stress and promote better sleep.
- **Regular Health Check-ups:** Prioritize preventive healthcare to catch potential issues early.



for Soledad Parks & Recreation
digital catalog



to schedule an
appointment

**Albert and Donna Oliveira
Clinic**
467 El Camino Real
Greenfield
(831) 674-0112

**Children's Health
and Wellness Center**
809 Broadway St.
King City
(831) 386-7437

Mee Memorial Hospital
300 Canal St.
King City
(831) 385-6000

King City Clinic
210 Canal St.
King City
(831) 385-7100

**Rehabilitative/Physical
Therapy Services**
809 Broadway St.
King City
(831) 385-6835

Healthy South County Walking Map



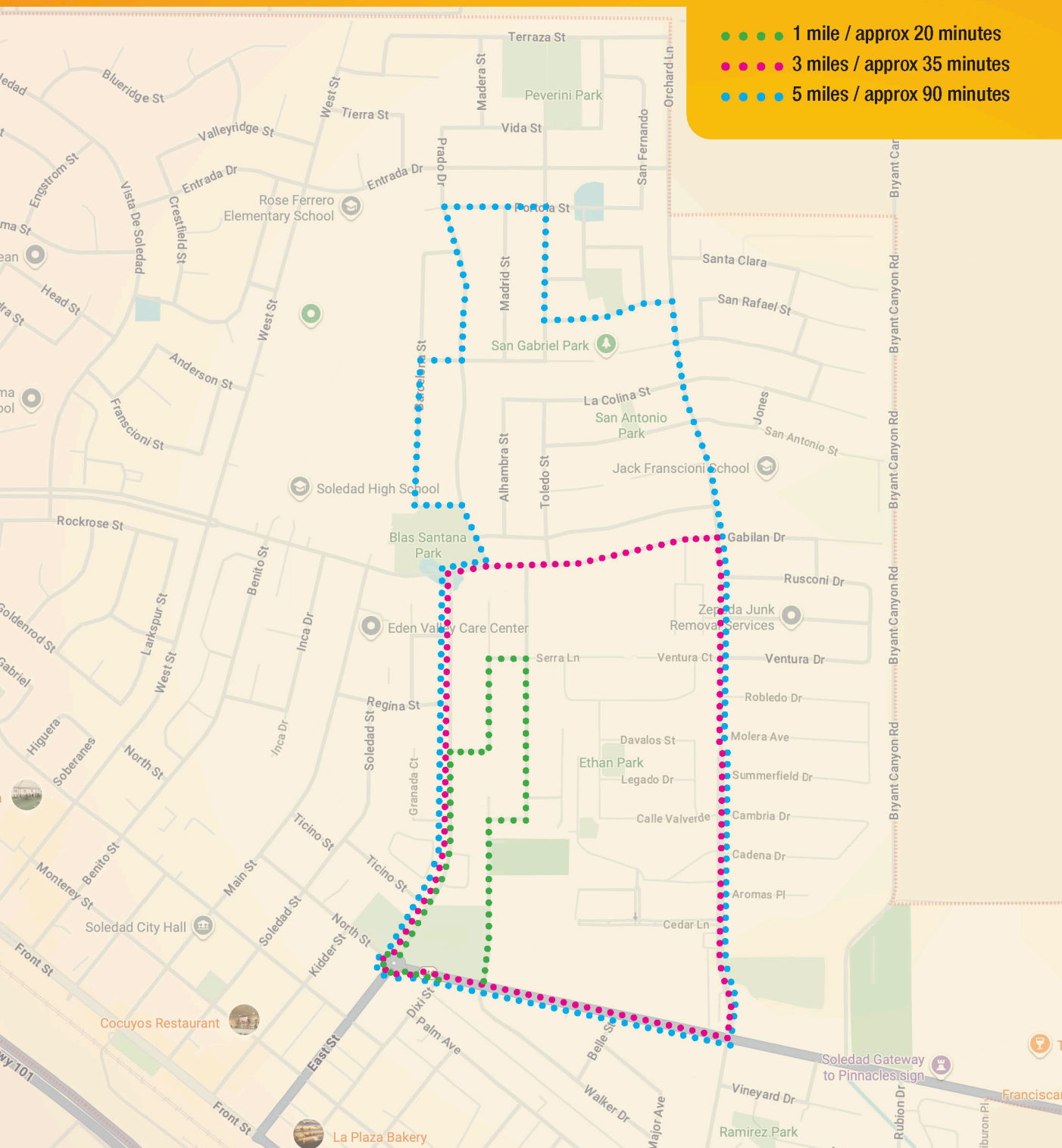
Soledad



Mee Memorial
Healthcare System



Mee Memorial
Healthcare System



The benefits of a brisk walk

Can you really walk your way to fitness? You bet! Get started today. Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.

Build activity slowly – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.

Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.

Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.

Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.

Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.

Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.