

Embrace Mindfulness With Walking Meditation



Mayo Clinic defines mindfulness as “a type of meditation in which you focus on being intensely aware of what you’re sensing and feeling in the moment, without interpretation or judgment.”¹ Meditation is simply the practice of being mindful. Mindfulness meditation may help you reduce stress and be less anxious. Practicing mindfulness can come in handy as the hectic holiday season approaches.

Simply going for a walk can be a good way to practice being mindful. You may already take regular walks for the fitness benefits. That’s good! Walking as part of your daily exercise routine can help improve sleep, memory and the ability to think and learn, and reduce anxiety symptoms.²

Learn how to make every walk a mindful one. Try a walking meditation with a SilverSneakers® master trainer with this video (under 10 minutes). You only need some space and your walking shoes (and a chair if you need it for support). Read the short article first. Then simply hit play and follow along to learn how to be a mindful walker.

- Pay attention to your body’s senses (like breathing).
- Be aware of your environment.
- Tune in to your walk.
- Enjoy practicing mindfulness!

Ready for a challenge? Take a SilverSneakers Walk Strong Express Class.

Get more with SilverSneakers.

SilverSneakers, a health and fitness benefit designed specifically for older adults, is included with your Care N’ Care (HMO/PPO) plan at no additional cost.

SilverSneakers gives you access to:

- a nationwide network of participating locations,³ with

group fitness classes⁴ at select locations – enroll in as many as you like, at any time

- SilverSneakers LIVE online classes and workshops taught 7 days a week by instructors trained in senior fitness
- SilverSneakers On-Demand library with 200+ online workout videos
- SilverSneakers GO mobile app with digital workout programs
- SilverSneakers Community classes offered in neighborhood locations outside of the gym

If you haven’t already, activate your free online account today at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted).

1. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>
2. <https://www.cdc.gov/physicalactivity/walking/index.htm>
3. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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