

# BROTHERS IN STRIDE

WALKING IS MORE THAN STYLE- IT'S LIFESTYLE



## OVERVIEW



# MISSION

TO GET BLACK MEN AND BOYS TO ADOPT WALKING AS A LIFESTYLE AND A WAY OF LIFE.

- Research consistently shows that regular exercise provides a number of health benefits A study out of Cornell University in 2020 reported that being out in nature a mere 10 minutes have been show to help well-being
- Walking & Walking Groups have been shown to be safe, offer a variety of health benefits, and provide practical way to build a sense of community and purpose
- Being out in nature a mere 10 minutes have been show to help well-being





# TAKING A STAND: PROMOTING BLACK MALE WELL-BEING

- 44% of Black men are considered overweight
- 37.5% are obese
- Black men have a higher incidence of diabetes and prostate cancer
- Black men have a high suicide rate; it's the third leading cause of death in 15- to 24-year-olds
- 40% of black men 20 years of age & over have hypertension
- 40% of black men die prematurely from heart disease as compared to 21% of white men.
- 38% of black men 20 years of age & over are obese



## BENEFITS OF WALKING

- Physical and mental benefits
- Maintaining or obtaining a healthy weight
- Decreased risk of cardiovascular disease and cancer
- Decreased blood pressure and improved cholesterol
- Prevention and management of type 2 diabetes and arthritis pain
- Lowered risk of depression and improved mood

A photograph of an older Black man with white hair and glasses, wearing a blue and orange plaid shirt, blue jeans, and brown hiking boots. He is standing on a dirt path in a wooded area, holding two black trekking poles. He has a black backpack on his back. The background shows trees and dense foliage.

**WALKING FOR BLACK MEN  
IS A LIFESTYLE**



# WALKING WITH BLACK MEN IS A WAY OF LIFE



## BENEFITS OF WALKING GROUPS

- A meta-analysis of 42 studies on walking groups concluded that Walking groups provide a wide range of health benefits in adults and may be a practical way to encourage physical activity.
- Walking groups significantly improved blood pressure, heart rate, body fat, body mass index, cholesterol, fitness, quality of life and walking speed.
- Walking groups lowered the risk of depression.
- Walking groups were found to be safe and have good compliance rates.



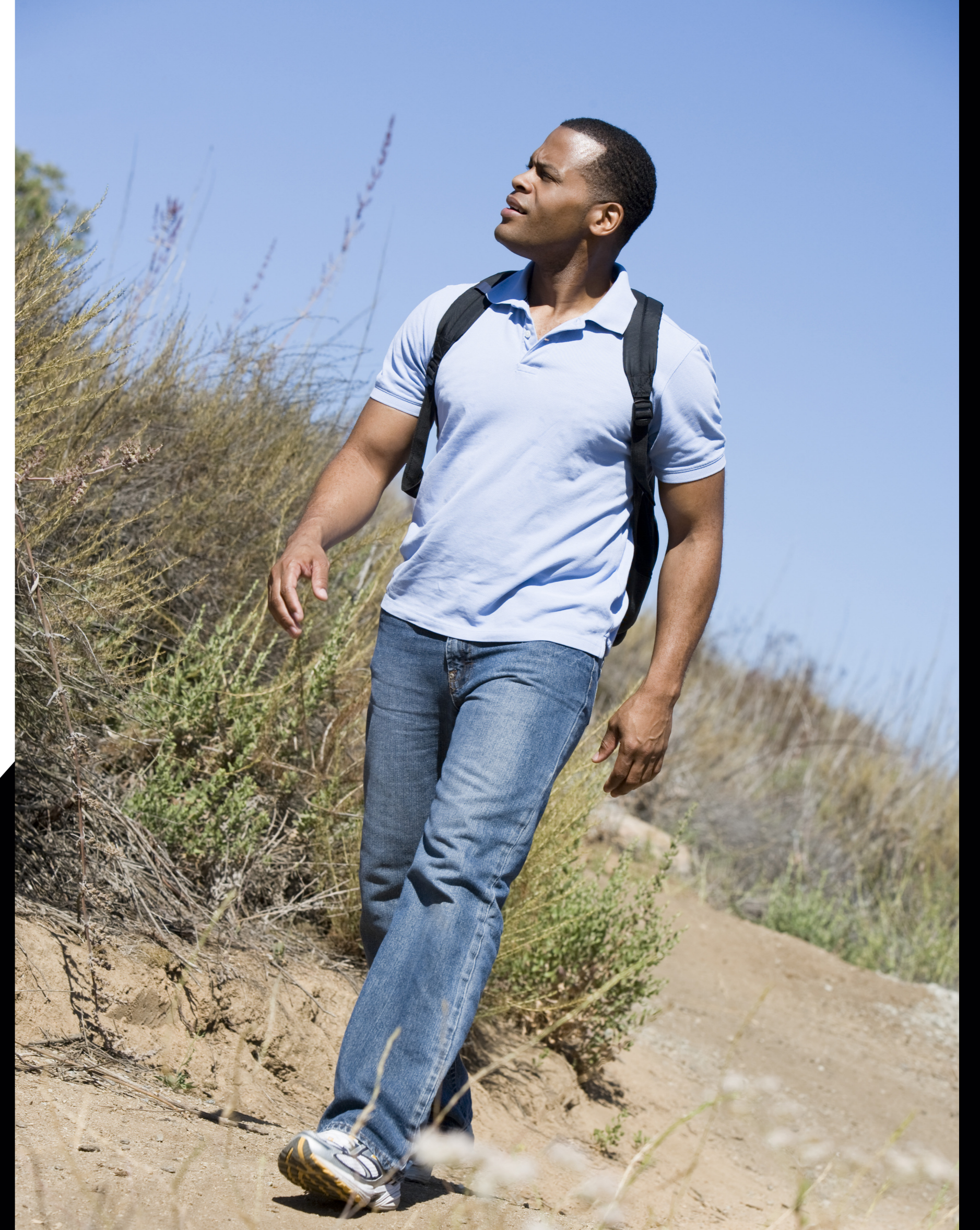
**WALKING WITH  
BLACK BOYS  
CHANGES  
A GENERATION**





# WHY JOIN THE **STRIDE** **MOVEMENT**

- TAKE A STAND AND PROMOTE BLACK MALE WELL-BEING
- BUILD A SENSE OF COMMUNITY
- CHANGE A GENERATION FOR BLACK BOYS



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