WALK YOUR WAY TO BETTER HEALTH

Anatomy OF Walking

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES

REDUCES GLAUCOMA RISK

HALVES ALZHEIMER’S DISEASE RISK OVER 5 YEARS

LIMITS SICKNESS
BY HALVING ODDS OF CATCHING A COLD

IMPROVES HEART HEALTH
BY INCREASING HEART RATE AND CIRCULATION

WORKS ARM & SHOULDER MUSCLES

IMPROVES BLOOD PRESSURE
BY FIVE POINTS

ENGAGES ABDOMINAL MUSCLES

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS

IMPROVES BALANCE

BUILDS BONE MASS
REDUCING RISK OF OSTEOPOROSIS

ONLY 30 MINUTES A DAY 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER.