HEALTH BENEFITS of WALKING

DEMENTIA
Seniors who walk 6–9 miles/week are less likely to suffer from mental decline as they age, including dementia.

DIABETES
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve the risk of Type 2 Diabetes.

HEART DISEASE
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

ARTHITIS
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

DEPRESSION
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/WEEK CAN HALVE RISK OF ALZHEIMER’S DISEASE OVER 5 YEARS
WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS
WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%
PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK
WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/WEEK

WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR
WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD
WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5–2 MINUTES
WALKING 20–25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS