walk
your way to health

ONLY 30 MINUTES OF WALKING A DAY...

ALLEVIATES depression and fatigue

INCREASES attention and decision making

LIMITS chronic disease

HALVES risk of alzheimer’s

LOWERS RISK of heart disease

IMPROVES blood pressure by 5 points

REDUCES lower back pain

LIMITS colon cancer risk by 40%

WORKS arm and shoulder muscles

STRENGTHENS legs, quads, hips, hamstring

KEEPS WEIGHT in check

improves FITNESS