

1, 2, 3 STEP

Walk your way to Health #3

Walking has many benefits...



Joint Health:

Walking can burn about as many calories per mile as jogging does. But it is easier on your joints because it delivers less of a jolt on your muscles and joints. You still get your heart rate going, work up a sweat and experience the “work out high” when you briskly walk, so don’t feel like you are short-changing yourself because you aren’t running!

Easy Habit to Maintain:

Walking has the lowest dropout rate of any form of exercise. You can walk anywhere you are, and you don’t have to pay to do it. Once you start experiencing the benefits, such as better digestion, improved regularity, lower blood pressure, or weight loss, you are more likely to stick with it.

