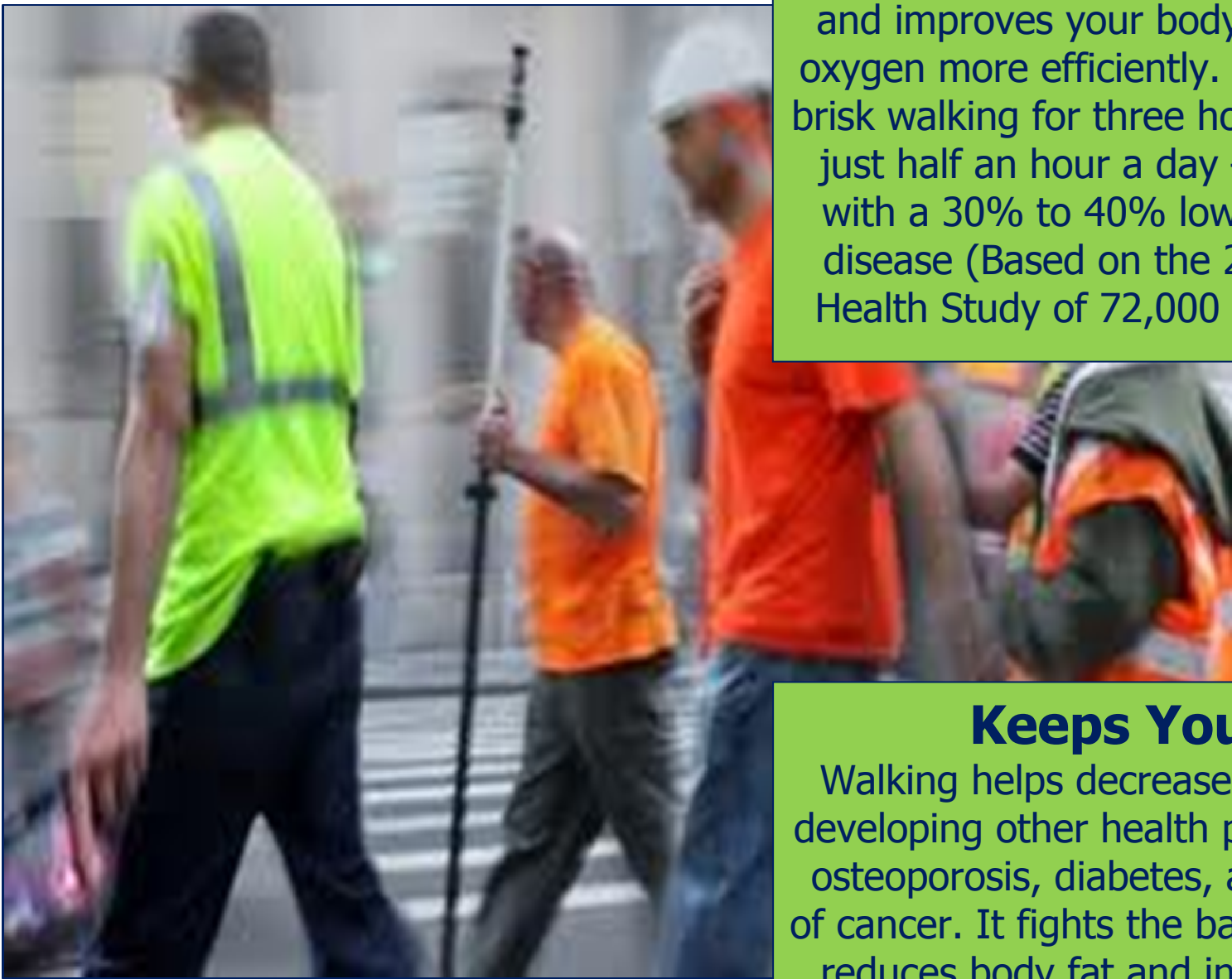


1, 2, 3 STEP

Walk your way to Health #2

Walking has many benefits...



Enhances Body Functions:

Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. Exercise such as brisk walking for three hours a week — or just half an hour a day — is associated with a 30% to 40% lower risk of heart disease (Based on the 20-year Nurses' Health Study of 72,000 female nurses).

Keeps You Fit:

Walking helps decrease the chances of developing other health problems such as osteoporosis, diabetes, and some forms of cancer. It fights the battle of the bulge, reduces body fat and increases muscle mass. Walking can even help people with diabetes reduce or eliminate their need for medication. (Top Health Magazine)

