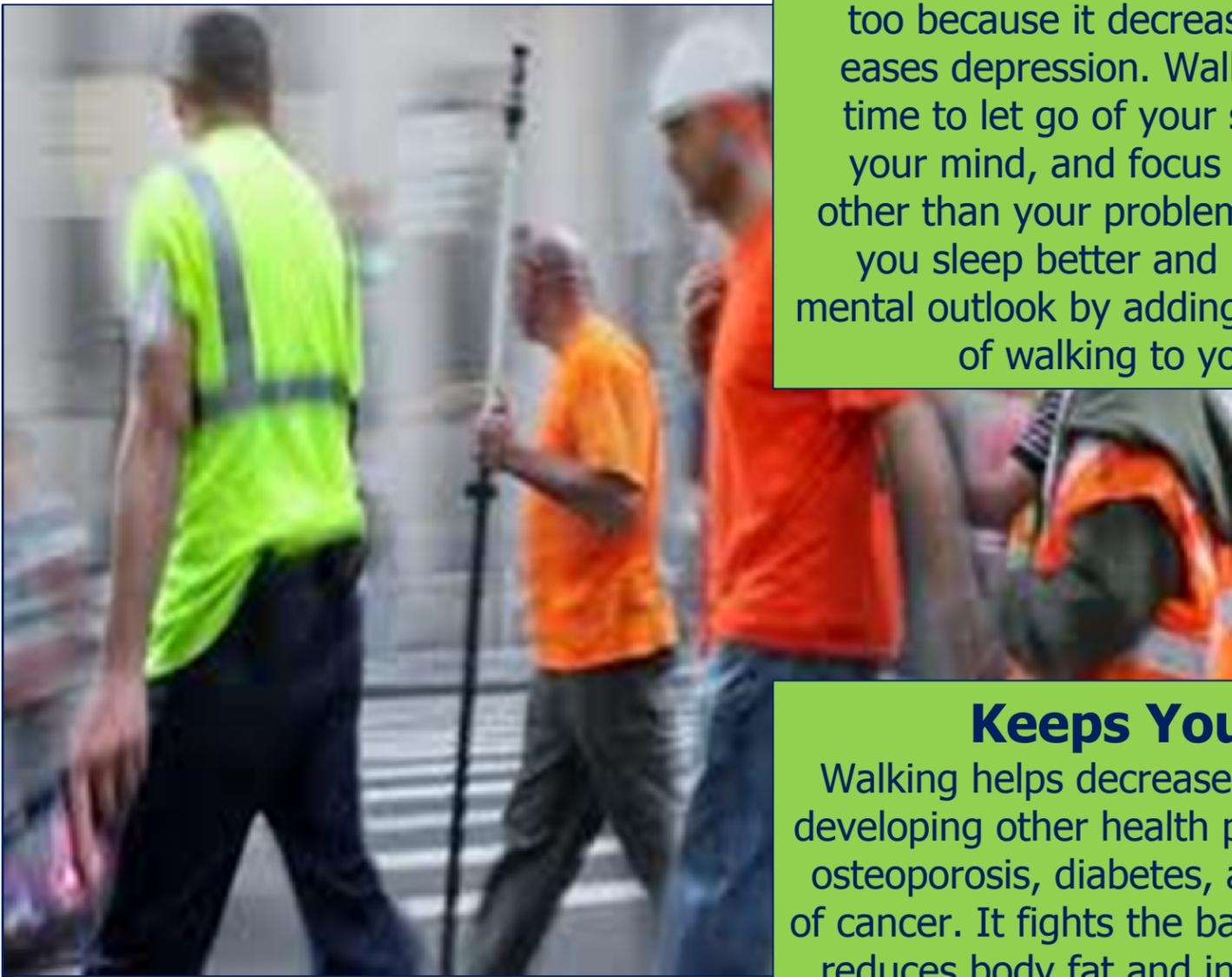


# 1, 2, 3 STEP

## Walk your way to Health #1

**Walking has many benefits...**



### **Decreases Stress:**

Walking is great for your state of mind too because it decreases stress and eases depression. Walking gives you time to let go of your stresses, clear your mind, and focus on something other than your problems. You will find you sleep better and have a better mental outlook by adding just 30 minutes of walking to your day.

### **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)

