

EVERY STEP YOU TAKE

WALK YOUR WAY TO HEALTH

The Many Benefits of Walking

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.



Supports Joint Health

Walking might not burn calories as quickly as jogging but it is easier on your joints than running 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!



Reduces 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 stress, 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.



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.



Sources: <http://nurseshealthstudy.org/> | <https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/>
<https://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking/Why-W>
https://www.prevention.com/fitness/a20477045/healthiest-walking-workout-for-diabetics/alking_UCM_461770_Article.jsp