

BENEFITS OF WALKING



Lowers risk of type 2 diabetes, heart disease and stroke



Lowers risk of falls or a hip fracture



Lowers blood pressure and blood sugar



Elevates mood



Decreases stress, anxiety or fatigue



Lowers risk of dementia



Improves relaxation and sleep



Strengthens muscles and bones



Improves confidence



Lowers risk for some cancers



Increases energy level



Improves posture and balance



Improves mental sharpness



SET A GOAL



or

10,000 steps a day