

CHOOSE
2 WALK

20 BENEFITS OF WALKING

1. Burns calories and manages weight
2. Accessible to all
3. Doesn't require any equipment
4. Reduces depression and anxiety
5. Low impact exercise
6. Reduces bad cholesterol (LDL)
7. Increases good cholesterol (HDL)
8. Lowers blood pressure
9. Reduces cancer risk
10. Reduces risk of, and helps manage type 2 diabetes
11. Improves mood
12. Helps maintain strong bones
13. Lowers risk of heart disease
14. Reduces risk of heart attack
15. Lowers risk of self-injury
16. Reduces stress levels
17. Builds aerobic fitness
18. Helps maintain lean muscle mass
19. Easy way to stay active
20. It's free!

