



Why Walk?

Just 30 minutes a day, divided anyway you choose, can:

- Improve efficiency of the heart and lungs
- Burn body fat
- Raise metabolism, thus increasing calorie-burning even at rest
- Help release stress
- Slow aging

- Reduce levels of cholesterol in the blood
- Lower high blood pressure
- Help control and prevent adult-onset diabetes
- Reduce risks of some forms of cancer (colorectal, prostate, and breast)
- Aid rehabilitation from heart attack and stroke

- Promote intestinal regularity
- Help promote more restful sleep
- Strengthen muscles of the legs, hips, and torso
- Strengthen bones
- Reduce stiffness in joints due to inactivity or arthritis

- Relieve most cases of chronic backache
- Improve flexibility
- Improve posture
- Promote healthier skin due to increased circulation
- Improve mental alertness and memory

- Spur intellectual creativity and problem solving
- Elevate mood
- Help prevent and/or reduce depression
- Improve self-esteem
- Help control addictions to nicotine, alcohol, caffeine, and other drugs

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... and justice for all

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