



Begin a Walking Program

Benefits of Walking

1. Improve Circulation
2. Increase muscle tone of legs and arms
3. Reduce risk of heart disease
4. Improve blood pressure and blood sugar levels
5. Reduce risk of osteoporosis
6. Reduce risk of breast cancer and colon cancer
7. Reduce risk of non-insulin dependent (Type 2) diabetes
8. Increase Vitamin D levels
9. Gives you energy → Makes you HAPPY!

So grab a buddy and start walking!

