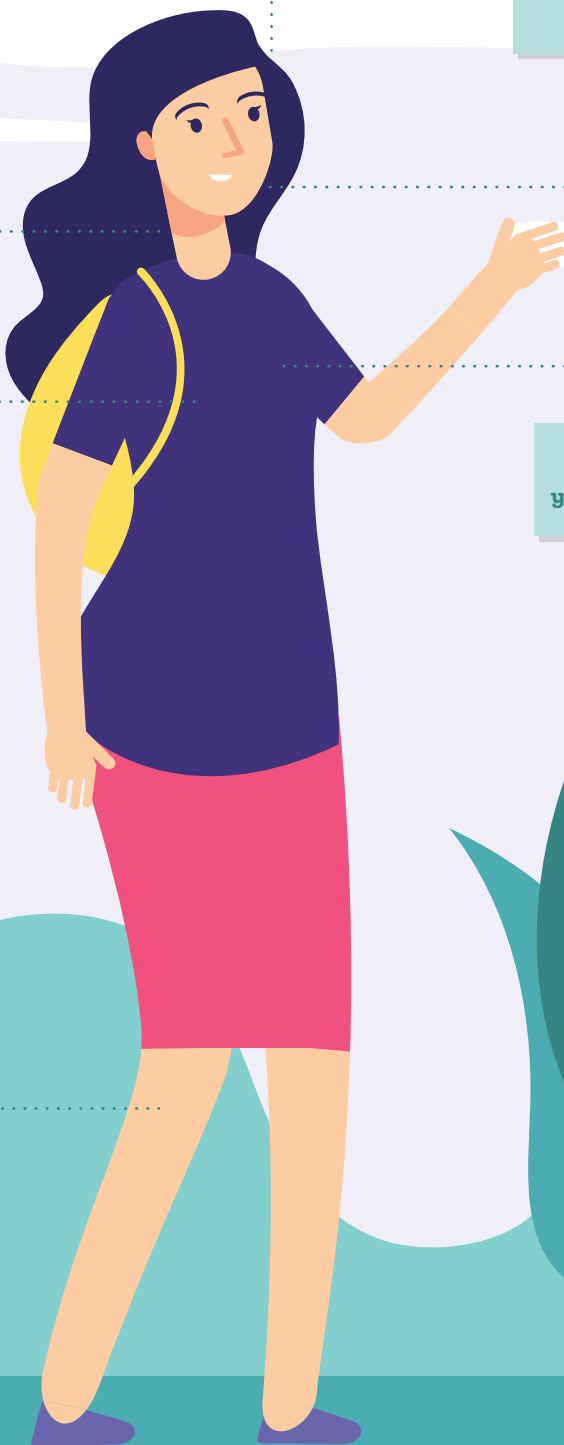


WALK THE WALK

Health Benefits of Walking

Whether it's long walks on the beach, power walks through the neighborhood or daily treadmill struts, walking is one of the most common and effective exercises for all ages and abilities.



Research shows that people who walk about 30-45 minutes a day use 43% **less sick days** than those who do not.

Thirty-minute walks **benefit mental health** significantly by reducing anxiety and depression as well as feelings of social withdrawal.

Women who take daily walks **reduce their risk of stroke** by 20%.

Women who walk 7+ hours a week **lower their risk of breast cancer** by 14%.

Walking 30 minutes a day can **lower your risk of heart disease** by about 19%.

Walking strengthens muscles, which can **reduce arthritic pain**.