



TOP REASONS TO WALK

"WALKING IS MAN'S BEST MEDICINE" -HIPPOCRATES

1. WALKING CAN REDUCE YOUR RISK OF DEVELOPING DIABETES.
2. WALKING STRENGTHENS YOUR HEART AND MAY REDUCE THE RISK OF HEART ATTACK.
3. WALKING IS A WEIGHT BEARING ACTIVITY THE CAN HELP MAINTAIN BONE DENSITY.
4. WALKING CONTRIBUTES TO OUR EMOTIONAL WELLBEING AND QUALITY OF LIFE AND LOWERS YOUR STRESS LEVEL.
5. WALKING HELPS REDUCE THE INCIDENCE OF CANCER PARTICULARLY OF COLON AND BREAST CANCER.
6. WALKING IMPROVES PHYSICAL FUNCTION AND HELPS MAINTAIN IT IN LATER YEARS.
7. WALKING IS SAFE AND HAS A LOW RISK OF INJURY.