



## **BENEFITS OF WALKING**

There are many benefits to walking.

### **HEALTH BENEFITS**

Regular, brisk walking can:

- Reduce elevated blood fats
- Lower blood pressure
- Improve digestion
- Strengthen bones
- Help to maintain a health weight
- Train your heart, lungs and muscles to work more efficiently

### **MENTAL HEALTH BENEFITS**

Walking with a friend, co-worker or family member can help to:

- Relieve stress and tension
- Refresh your mind
- Reduce fatigue
- Increase your energy

List your reasons for walking:

---

---

---

---

**Step your way to better health. Walk today!**

**FOR MORE INFORMATION VISIT: [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca)**