

8 GREAT REASONS TO

TAKE A WALK

Walking is free, easy, requires virtually no equipment and can be done anywhere. And it has both physical and mental health benefits for everyone. So slip on those sneakers and get moving!

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- 1 Boost your mental health**
Aerobic exercise can have a positive impact on depression, anxiety, ADHD and your overall mood.
 - 2 Relieve stress**
Walking triggers your body to release endorphins and helps to relax your muscles and ease tension.
 - 3 Improve your sleep**
Walking regularly can help you sleep better (but don't exercise too close to bedtime).
 - 4 Build your bones**
Low-impact, weight-bearing exercises like walking can help keep bones strong.
 - 5 Prevent heart disease**
Regular brisk walking can lower your risk for heart disease and high blood pressure.
 - 6 Watch your weight**
Walking burns calories, which can help you lose or maintain a healthy weight.
 - 7 Strengthen your muscles**
Walking can help build muscle tone in your legs, hips and buttocks – and increase your endurance.
 - 8 Protect your heart and lungs**
Exercise makes your heart and lungs stronger as they work harder to supply oxygen to your muscles.

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF COMPLETION:
<https://www.surveymonkey.com/r/CLFS7BY>



The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day.