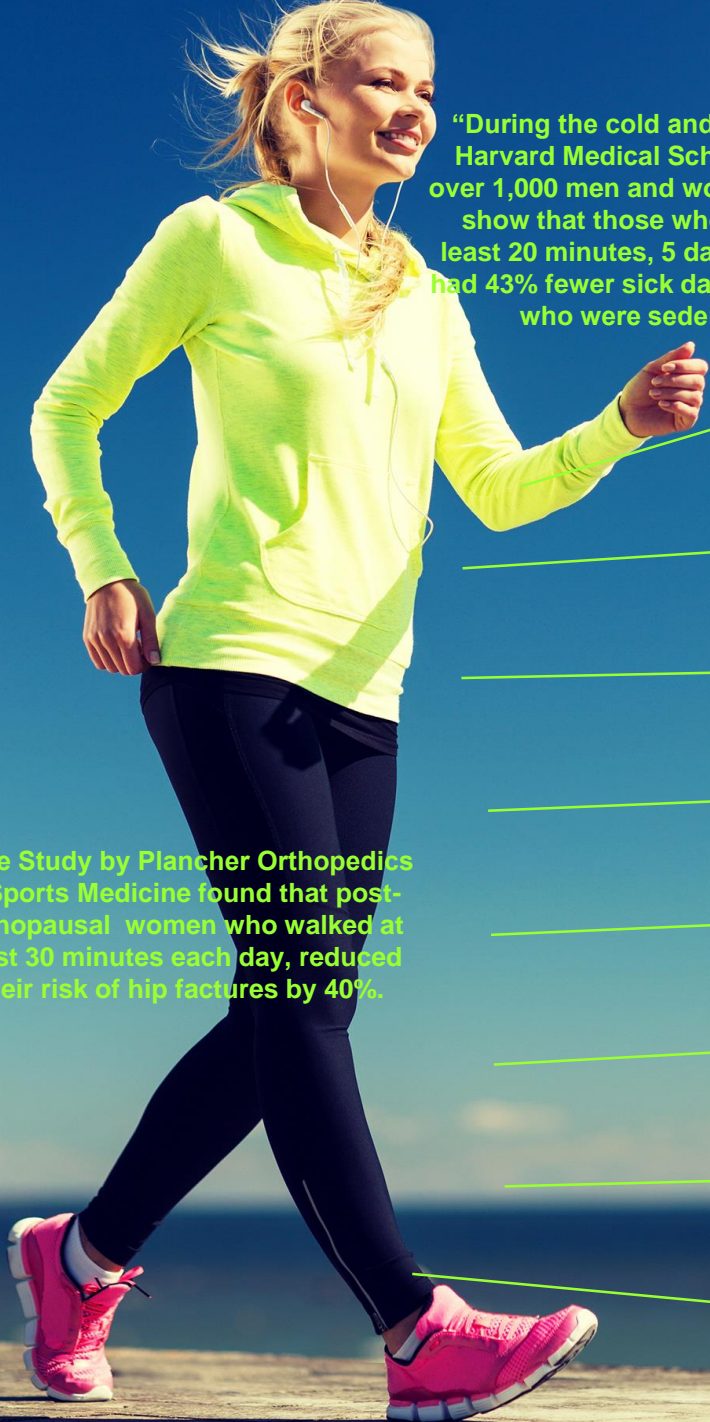


Health Benefits of Walking



“During the cold and flu season, Harvard Medical School studied over 1,000 men and women. Results show that those who walked at least 20 minutes, 5 days per week, had 43% fewer sick days than those who were sedentary.”

“One Study by Plancher Orthopedics & Sports Medicine found that post-menopausal women who walked at least 30 minutes each day, reduced their risk of hip fractures by 40%.”

Improves Memory, Concentration, and Learning Ability

Increases Lung Capacity

Improves Posture
Engages Core Muscles

Manages Diabetes, Hypertension, and Cholesterol

Reduces Stress, Depression, and Anxiety
Boosts Endorphins

Improves Balance and Coordination

Boosts the Immune System

Builds and Maintains Bone Density
Reduces the Risk of Osteoporosis