



## BENEFITS OF WALKING

- It's easy it's fun.
- It makes you feel good and improve your mood.
- It reduces the risk of developing heart disease, certain cancers and type 11 diabetes by up to 50%.  
It is a great way to take the first steps towards a healthy lifestyle and meet new people.
- It lowers low density lipoprotein (LDL) cholesterol (The 'BAD' cholesterol).
- It raises high density lipoprotein (HDL) cholesterol (the 'Good' cholesterol).
- It lowers your blood pressure.
- It manages your weight, keeps you strong and fit.  
It can relieve anxiety and depression.
- It greatly reduces stress and helps build lasting friendship.

