

# 10 Benefits of *Walking* Everyday



## **Boost Brain Power**

Walking can help get creative juices flowing. Mental block? Take a walk!

## **Sleep Deep**

A daily walk can reduce sleepless nights & improve your sleep quality.



## **Reduce Stress**

20 minutes of walking reduces cortisol levels, helping to reduce stress.



## **Reduce Blood Sugar**

Walking 20 minutes can aid your body in maintaining healthy blood sugar levels.



## **Improve Vision**

Regular walks reduce the risk of developing glaucoma.



## **Strengthen Lungs**

Walking increases lung capability.



## **Prevent Cardiovascular Disease**

Increasing your heart rate through walking strengthens heart muscles.



## **Aid Weight Loss**

30 minutes of walking burns anywhere from 90 to 200 calories.



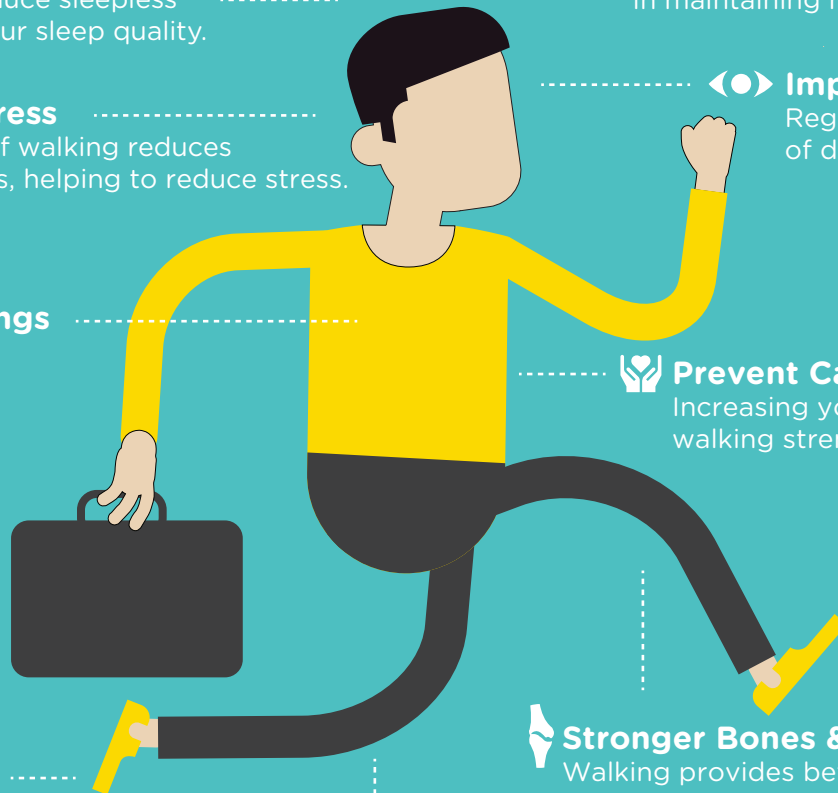
## **Stronger Bones & Joints**

Walking provides better blood circulation & promotes bone & joint health.



## **Tone Muscles**

Walking helps build muscular strength & endurance in your legs.



## Tips to *Walk* More

- Wear comfortable shoes.
- Walk during lunch breaks.
- Instead of sit-down meetings have walking meetings.
- Skip the elevator and take the stairs.
- Invite your friends to walk with you.