

## Healthy Benefits of Walking

- Strengthens heart
- Delays or prevents major diseases
- Reduces cholesterol
- Strengthens joints and bones
- Helps control weight
- Contributes to brain fitness
- Contributes to good night's sleep
- Improves mood
- Improves self esteem
- Gives energy
- Relieves stress and worry
- Improves balance
- Improves circulation
- Boosts immune system

Walking is the most popular of all U.S. volkssporting activities and has been identified by the U.S. Surgeon General as the most beneficial form of exercise.