Benefits of Walking 30+ Minutes a Day

- Builds confidence & mental well-being
- Boosts your immune system
- Helps relieve stress
- Improves flexibility of joints & muscles
- Lowers blood pressure & cholesterol levels
- Aids restful sleep
- Helps you breathe more efficiently
- Strengthens the heart
- Improves circulation
- Promotes weight loss
- Gives you more energy when you’re tired
- Builds strength in muscles & bones
FUN FACTS ABOUT WALKING
Walk 30+ minutes a day

Every minute of walking can extend your life by 1 1/2 to 2 minutes!

Walking just 30 minutes a day can burn off as much as 5 to 10 pounds of fat per year.

To burn off 1 plain M&M candy, you need to walk the full length of a football field.

Walking is the most popular form of exercise in the U.S.