

Benefits of Walking 30+ Minutes a Day

**Builds confidence &
mental well-being**

Aids restful sleep

**Boosts your
immune system**

**Helps you breathe
more efficiently**

Helps relieve stress

Strengthens the heart

Improves circulation

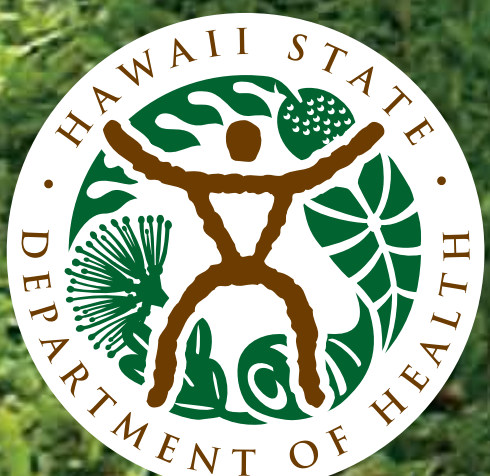
**Improves flexibility
of joints & muscles**

Promotes weight loss

**Lowers blood pressure
& cholesterol levels**

**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 1½ 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.