

THE BENEFITS OF WALKING



For every hour of brisk walking, life expectancy for some can increase by **2 HOURS**

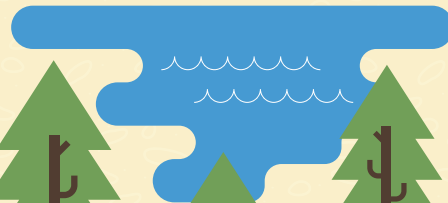


2 HOURS of walking a week can reduce the risk of stroke by **30%**



ABOUT 30 MINUTES of walking a day can reduce symptoms of depression by

36%



WALKING 1 HOUR

a day can help reduce arthritis and associated pain




Walking about 20 minutes a day can burn about **7 POUNDS** OF BODY FAT A YEAR




My Wellness Road Trip

 http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/Walk-Dont-Run-Your-Way-to-a-Healthy-Heart_UCM_452926_Article.jsp#.Vowp1PkrKUK

 <http://www.webmd.com/stroke/news/20100406/brisk-walking-reduces-stroke-risk>

 <http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/WalkingFactsBenefits.pdf>

 <http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
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