

Let's Take A Walk

Did you know that walking can:

- Help strengthen your heart
- Help lower your blood pressure
- Help strengthen bones
- Boost your immune system
- Help maintain weight/ weight loss
- Reduce stress
- Increase energy and improve your mood
- Help prevent major disease and illnesses (diabetes, cardiovascular disease, heart attack, etc.)



Another Fun Fact:

Combining diet with regular physical activity has been shown to be a more effective way of losing weight and maintaining weight loss than either diet or exercise alone.

References

Jakicic, John M. et al. Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine & Science in Sports & Exercise*, 2001, 2145- 2156.

Murphy, Marie et al. Accumulating brisk walking for fitness, cardiovascular risk, and psychological health. *Medicine & Science in Sports & Exercise*, 2002, 1468-1474.