

# WALK FOR HEALTH

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Walking, in many ways, is the perfect exercise. Walking each day can provide health and wellness benefits for you.

Walking every other day for 10 minutes is a great way to get started. Gradually increase walking regimen to 20-30 minutes per day, 5 days a week.

Try walking outdoors at a local park or in your neighborhood. If the weather does not allow you to go outside, walk on a treadmill or a local mall.

Be sure to drink plenty of water to avoid dehydration.

Walking help to maintain muscle tone, nourish our joints and improve circulation and breathing.

## Walking can improve:

- ▶ Energy level
- ▶ Cardiac health
- ▶ Weight control
- ▶ Balance and Stamina