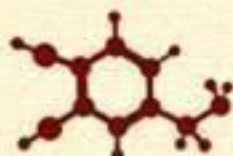


WALK

YOUR WAY TO BETTER HEALTH

ANATOMY OF WALKING



BOOSTS ENDORPHIN

EASING STRESS, TENSION, ANGER, FATIGUE,
AND CONFUSION IN TEN MINUTES

LIMITS SICKNESS

BY HALVING ODDS OF
CATCHING A COLD



WORKS ARM & SHOULDER MUSCLES

BUILDS BONE MASS

REDUCING RISK OF OSTEOPOROSIS



STRENGTHENS LEGS

INCLUDING QUADRICEPS,
HIP FLEXORS, AND HAMSTRINGS

BURNS MORE FAT

THAN JOGGING



REDUCES

GLAUCOMA RISK

HALVES

ALZHEIMER'S DISEASE
RISK OVER BY FIVE YEARS



IMPROVES BLOOD PRESSURE

BY FIVE POINTS

ENGAGES

AB MUSCLES



LIMITS COLON CANCER

BY 31% FOR WOMEN

IMPROVES BALANCE

PREVENTING FALLS

