

# Health Benefits of Walking



## Benefits:



weight loss

increase metabolism



healthier heart

increase self-esteem



tone muscles

increase energy



stronger bones and joints

relieve stress



strengthens immune system



Walking is by far the most popular form of physical activity in the United States.

## Thought To Reduce Risk Of:

coronary heart disease (x)

strokes (x)

diabetes (x)

high blood pressure (x)

bowel cancer (x)

osteoporosis (x)

## Exercising in Nature:



- \* Fresh air has more oxygen
- \* Greenscapes raise serotonin levels
- \* Triggers primal regions of our brain and psyche
- \* More sensory stimulation
- \* Increases feelings of well-being and lowers depression
- \* Sun exposure increases vitamin D levels and helps optimize hormones