WALKING PROVIDES THE FOLLOWING BENEFITS:
• Increases energy
• Helps relieve stress
• Improves mental alertness
• Raises metabolism
• Improves flexibility
• Promotes healthier skin
• Helps promote restful sleep
• Improves mental health

ONE MILE IS ABOUT 2,000 STEPS, OR A 20-MINUTE WALK.

SHORTER, FASTER WALKS ARE BEST FOR CONDITIONING YOUR HEART AND LUNGS (RECOMMENDED 20–25 MINUTES).