

**National *Start!*
Walking Day**

April 16, 2008



Walking has the lowest dropout rate of any physical activity and is the simplest positive change individuals can make to improve their heart health.

Research has shown the benefits of walking and moderate physical activity for 30 minutes total on most days of the week can help you.

How can walking help?

- Reduces the risk of coronary heart disease
- Improves blood pressure
- Improves blood sugar levels
- Helps maintain body weight
- Lowers the risk of obesity
- Enhances mental well-being
- Reduces the risk of osteoporosis
- Reduces the risk of type 2 diabetes (non-insulin dependent)

For every hour of brisk walking we do, we add two hours to our life!

