

WALK

YOUR WAY TO BETTER HEALTH

ANATOMY OF WALKING

WALKING AT LEAST 30 MINUTES A DAY, 5 OR MORE TIMES A WEEK, WILL HELP TO IMPROVE YOUR HEALTH. CHECK OUT ALL THE GOOD THINGS WALKING CAN DO!



BOOSTS ENDORPHINS

EASES STRESS, TENSION, ANGER, FATIGUE AND CONFUSION WITH JUST TEN MINUTES

LIMITS SICKNESS

BY HALVING THE ODDS OF CATCHING A COLD



WORKS ARM & SHOULDER MUSCLES

BUILDS BONE MASS

REDUCING THE RISK OF OSTEOPOROS



STRENGTHENS LEGS

MUSCLES AFFECTED INCLUDE THE QUADRACEPS, HIP FLEXORS & HAMSTRINGS

BURNS MORE FAT

THAN JUST JOGGING ALONE



REDUCES GLAUCOMA RISK

IMPROVES BLOOD PRESSURE

BY AT LEAST FIVE POINTS



LIMITS COLON CANCER

BY 30 TO 40 PERCENT

IMPROVES BALANCE

REDUCING THE RISK OF ACCIDENTS AND FALLS

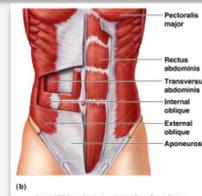


REDUCES DIABETES RISK

WALKING AT LEAST 30 MINUTES A DAY REDUCES THE RISK OF TYPE 2 DIABETES

ENGAGES

AB MUSCLES BURNING MORE BELLY FAT



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<http://www.cdc.gov/physicalactivity/walking/>

<http://www.airforcemedicine.af.mil/Healthy-Living/Health-Promotion/Active-Living/>