

7 Reasons to Walk

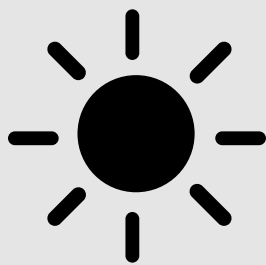
IT'S TIME TO WALK

As researcher Charles Matthews states, "We are made to walk!" It's time to walk your way to better health.



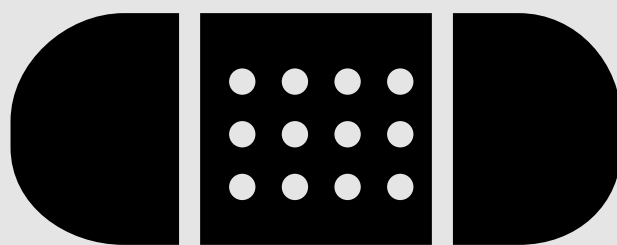
1 IMPROVE BRAIN FUNCTION

"Older folks who walk more, tend to have about a 35% lower rate of developing Alzheimer's disease and other dementias," notes psychologist Arthur Kramer.



2 LIVE LONGER

Sitting all day is the new smoking. Find 10 minutes every hour to walk, do stairs, or just move around!



3 REDUCE KNEE PAIN

Walking can help reduce arthritic pain.

4 BE MORE POSITIVE

"Exercise appears to work in a way similar to antidepressant medications," notes exercise psychologist Panteleimon Ekkekakis.

5 LOWER CANCER RISK

"People who are more physically active, including those who walk for exercise, are less likely to develop one of the major cancers," says researcher Christine Friedenreich

6 FOR A STRONG HEART



7 DIABETES PREVENTION



Source: Nutrition Action Health Letter, June '15

