

Health Benefits of WALKING



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

Benefits:

- Weight loss
- Healthier heart 
- Increase metabolism
- Tone muscles 
- Increase energy
- Stronger bones & joints
- Relieve stress 
- Strengthen immune system

Thought to reduce risk of:

- ⊗ Coronary heart disease
- ⊗ Strokes
- ⊗ Diabetes
- ⊗ High blood pressure
- ⊗ Bowel cancer
- ⊗ Osteoporosis

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