

FAITHFULLY



LET'S TALK ABOUT IT

WHY WALK?

HEALTH BENEFITS

Walking is an excellent activity for everyone! It provides enormous health benefits – physical, mental, emotional, and spiritual.



IT'S GOOD FOR YOUR HEART...

Walking is proven to increase heart health, burn calories which helps maintain a healthy weight, alleviates joint pain, kickstarts the immune system...

YOUR BODY SYSTEMS

...It delays the onset of varicose veins, reduces the risk of chronic disease, stimulates the digestive system...



...AND YOUR LONGEVITY!

... and walking strengthens and protects bones, and expands life expectancy! In addition, there are a multitude of mental health benefits including improving your mood, improving your sleep...



YOUR MIND MATTERS TOO!

Along with reducing stress, walking boosts your brain power, enhances creativity, and makes goals seem more attainable.

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