

Health Benefits of Walking - (Lorayne Barton, MD, MPH)

1. Shortens illnesses & reduces symptoms
2. 150 minutes per week can add up to 4 1/2 years to your life
3. 35 minutes 3 x per week improves concentration and memory for people having cognitive concerns and problems

Regular walkers have 43% less sick days

Daily walking reduces risk of Depression by 26%

How many steps –

1. some people think it is 10,000 but it only takes 2,300 steps per day to reduce your risk o death from cardiovascular disease
2. 4,000 steps per day decreases your risk of dying prematurely
3. 7,500 steps per day increases all the longevity benefits

WHAT makes Walking so wonderful?

1. It's Free – no membership fees – we won't charge you anything
2. It's Simple – You don't need any training or special skills to join us
3. It's Convenient – can be done almost anywhere –
4. It's Social – Just bring along another friend if you can
5. It's Inclusive – All Skill levels and all ages are welcome!!!