

Walking 30 minutes a day, five days a week:



Triggers endorphins, promotes relaxation, and prevents anxiety and depression



Lowers your risk of premature death

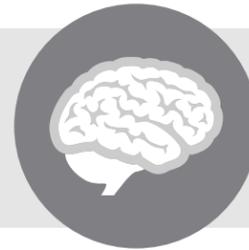


Reduces the duration of cold symptoms by 46 percent

Lowers the risk of exercise-related injuries

Increases bone mineral density by 2 to 8 percent

Can help maintain brain function as we age



Reduces a woman's risk of having a stroke by 43 percent

Lowers the risk of developing dementia by 40 percent

Helps you sleep better



Cuts the risk of heart disease by half



Lowers the risk of Type 2 diabetes by more than half, when combined with moderate diet changes



Reduces the risk of colon cancer by 31 percent in women and 60 percent in men



Reduces arthritis pain and improves mobility



Burns more than 7 pounds of fat a year

Offers more health benefits than losing 20 pounds



Reduces a woman's risk of getting breast cancer by 20 percent and having a recurrence of breast cancer by 50 percent

Walking in adolescence cuts the risk of breast cancer in postmenopausal women by more than 60 percent



Reduces a man's risk of having a positive biopsy for prostate cancer by 66 percent

Among men with prostate cancer, reduces the mortality rate by 46 percent

