

BENEFITS OF WALKING

EVERY DAY

- 1 INCREASE YOUR LIFESPAN
 - 2 MANAGE YOUR WEIGHT
 - 3 BURNS FAT
 - 4 HELPS OVERWEIGHT PEOPLE GET INTO SHAPE
 - 5 REDUCES STRESS
 - 6 REDUCES DEMENTIA
 - 7 EASY ON THE JOINTS
 - 8 LOWERS BLOOD PRESSURE
 - 9 STRENGTHENS YOUR HEART
 - 10 STRENGTHENS YOUR BONES AND REDUCES YOUR RISK OF OSTEOPOROSIS
 - 11 REDUCES DEPRESSION AND IMPROVES YOUR MOOD
 - 12 BOOSTS YOUR MEMORY
 - 13 IMPROVES YOUR SLEEP
 - 14 TONES UP YOUR LEGS, BUTT, AND STOMACH
 - 15 BOOSTS YOUR VITAMIN D
- 

Walking Workout Mental Health Tips Latest

Rachel S Tattersall



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