



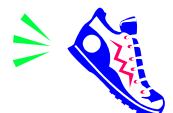
SMALL CHANGES FOR HEALTH TAKE THE FIRST STEP - GET WALKING!

Walking is an excellent exercise most everyone can do.

- It requires no expensive equipment or club membership; you just need a good pair of walking or running shoes.
- It doesn't require any special training; you already know how to do it.
- It's relatively safe to do; there is little chance of injury compared to other forms of exercise.
- You can do it anywhere. Walk at the mall, in the park, at a neighborhood school, or around the block. Map out a walking course that is safe and convenient for you.

There are a lot of benefits to walking as well:

- Walking can lift your spirits. It stimulates the brain to release endorphins and serotonin, which can help to improve your mood.
- Walking helps to prevent osteoporosis. It can strengthen your bones, muscles, and joints, which help you, become stronger.
- Walking helps to reduce your risk of heart disease and improve your cardiovascular fitness. This occurs through a variety of ways:
 - ✓ It decreases the heart's need for oxygen so the heart can work more efficiently.
 - ✓ It strengthens the heart muscle so the heart pumps fewer times while still meeting the body's demand for oxygen-rich blood.
 - ✓ It lowers blood pressure and reducing the strain on the heart.
 - ✓ It reduces the levels of triglycerides and LDL (bad) cholesterol, both of which are associated with an increased risk of heart disease.
 - ✓ It increases the level of HDL (good) cholesterol, which can help protect against heart disease.
 - ✓ It helps to keep blood vessels clear of blood clots and plaque, which can clog arteries.
 - ✓ It fights against hardening of the arteries by reversing the process.
- Walking can help to control diabetes by helping cells to get the sugar they need from the blood and using some of the excess blood sugar for energy.
- Walking on a regular basis can help reduce obesity by burning excess calories, increasing lean body mass and increasing your metabolism.
- Walking can also help you maintain your flexibility, strength, and endurance as you get older.
- Walking can help to relieve constipation.



What are you waiting for? Lace up your shoes and let's get walking!

