Walking 30 minutes a day, five days a week:

- Lowers the risk of developing dementia by 40 percent
- Can help maintain brain function as we age
  - Helps you sleep better

- Reduces the duration of cold symptoms by 46 percent
- Cuts the risk of heart disease by half

- Burns more than 7 pounds of fat a year
- Offers more health benefits than losing 20 pounds

- Triggers endorphins, promotes relaxation, and prevents anxiety and depression

- 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 the risk of developing dementia by 40 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

- Reduces arthritis pain and improves mobility
- Lowers the risk of exercise-related injuries
  - Increases bone mineral density by 2 to 8 percent

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

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