Walking
30 minutes a day, five days a week:

- Can help maintain brain function as we age
- Reduces a woman’s risk of having a stroke by 45 percent
- Cuts the risk of heart disease by half
- 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
- Reduces arthritis pain and improves mobility
- Burns more than 7 pounds of fat a year
- Offers more health benefits than losing 20 pounds
- Enhances bone mineral density by 2 to 8 percent
- Lowers the risk of exercise-related injuries
- Increases bone mineral density by 2 to 8 percent
- Helps you sleep better
- Lowers 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 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 woman’s risk of having 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
- 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

- Triggers endorphins, promotes relaxation, and prevents anxiety and depression
- Lowers your risk of premature death
- Reduces the duration of cold symptoms by 46 percent
- Burns more than 7 pounds of fat a year
- Offers more health benefits than losing 20 pounds
- Lowers the risk of developing dementia by 40 percent
- Helps you sleep better

SAF Corporation 0777 3.14