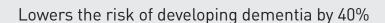
Total Worker Health®:

WALK

Walking 30 minutes a day, five days a week:



Can help maintain brain function as we age
Helps you sleep better

Reduces the duration of cold symptoms by 4%





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





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

9



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

Triggers endorphins, promotes relaxation, and prevents anxiety and depression

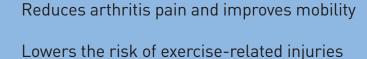




Lowers your risk of premature death

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

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



Increases bone mineral density by 2 to 8%

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

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



Total Worker Health® is a registered trademark of the U.S. Department of Health and Human Services (HHS). Participation by SAIF does not imply endorsement by HHS, the Centers for Disease Control and Prevention, or the National Institute for Occupational Safety and Health.