## Total Worker Health®:

## WALK

## Walking 30 minutes a day, five days a week:

Lowers the risk of developing dementia by 40%

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

Reduces the duration of cold symptoms by 4%

Burns more than 7 pounds of fat a year

Offers more health benefits than losing 20 pounds

Cuts the risk of heart disease by half

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

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

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Triggers endorphins, promotes relaxation, and prevents anxiety and depression

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%

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%



Lowers your risk of premature death



Reduces arthritis pain and improves mobility Lowers the risk of exercise-related injuries

Increases bone mineral density

by 2 to 8%

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.

