

THE BENEFITS OF WALKING



Walking transforms your health, body and mind

Improves
memory

Combats
depression

Increases
happiness

Stabilises
the heart rate

Aids
in weight loss

Regulates
blood pressure

Boosts
energy

Reduces the risk of
cardiovascular disease

Improves
sleep

Strengthens
bones

Reduces
the risk of diabetes

Increase
life expectancy

**The right mix:
every step helps!**

Reduces
stress



**Agir pour
le Cœur
des Femmes**

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

