

# WALK THIS WAY

Walking is one of the best exercises. It's free, relatively easy to do and easy on the joints.  
Still not convinced?

## Walking has psychological power, including stress reduction and increased self-esteem.

Studies confirm that walking benefits your mood — and may even ward off depression as well as an antidepressant does!

## You can lose weight by walking just 30 minutes a day.

All you have to do is skip one TV show and get moving! Once you've built up strength and stamina, you can increase your pace and lengthen your walks for greater cardiovascular benefits.

## Regular walkers have lower blood pressure, better sleep and more energy.

Daily physical activity can lower blood pressure and LDL, decrease the risk of many cancers and improve immune system function.

## Get motivated, with a pedometer and a pal, and have an easier, more fun walk.

People who love their pedometers logged a reported 2,000 more steps per day! With a walking buddy, you're bound to enjoy your workout more and feel it less.

## Walking helps to limit cravings.

It helps people lose weight by curbing cravings for sugary snacks and can reduce cravings for nicotine and other drugs.

Powered by:  **Cleveland Clinic**  
Wellness

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