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Exercise to Energize

? Did you know? Many exercise studies show that sedentary people, even those with chronic illness, feel less fatigue with a regular exercise program compared to people who do not exercise.

Walking Works Wonders

Don't let the ease of walking fool you – it can take you to a higher level of fitness and health protection in a big way. A routine of brisk walking 30 minutes most days can reduce your risk of heart disease and diabetes. It also prevents disability from obesity, muscle loss and bone fractures. Walking offers so many benefits. What are you waiting for?

Tip: Taking a brisk walk is a sure way to improve your mood. Daily walks can change your life by improving your overall health.



healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"I HAVE TWO DOCTORS — MY LEFT LEG AND MY RIGHT LEG."
GEORGE TREVELYAN, BRITISH PHILOSOPHER