## Health Benefits of

Walking

Benefits:



weight loss

increase metabolism



healthier heart

increase self-esteem



tone muscles

increase energy



stronger bones and joints

relieve stress



strengthens immune system



Walking is by far the most popular form of physical activity in the United States.

Thought To Reduce Risk Of: coronary heart disease 🗴

strokes (×)

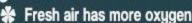
diabetes 🗴

high blood pressure 🗷

bowel cancer 🗷

osteoporosis 🗴

## Exercising in Nature:



- Greenscapes raise serotonin levels
- Triggers primal regions of our brain and psyche
- More sensory stimulation
- Increases feelings of well-being and lowers depression
- \* Sun exposure increases vitamin D levels and helps optimize hormones

