You can be more physically active!
Walking is an easy way to be active.

A regular physical activity routine such as brisk walking helps to—
- Control body weight.
- Improve mood and symptoms of depression and anxiety.
- Reduce high cholesterol and blood pressure.
- Keep bones and muscles strong.
- Reduce risk of diseases like heart disease, stroke, type 2 diabetes, and some cancers.
- Increase your life expectancy.

You just need to -

01 set a goal  
02 be active  
03 get a routine  
04 increase time  

JOIN US!

DATE ____________________

TIME ____________________

PLACE ____________________

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention