

JOIN US!

{ _____ }

{ _____ }



DATE

TIME

PLACE

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 -



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