

20 BENEFITS OF WALKING 30 MINUTES A DAY

@BELIEVEPHQ



01
REDUCES RISK
OF HEART
DISEASE



02
HELPS TO
MAINTAIN WEIGHT



03
REDUCES YOUR
STRESS LEVELS



04
INCREASES YOUR
ENERGY LEVELS



05
HELPS TO BOOST
YOUR MOOD



06
GETS THE
BLOOD
PUMPING



07
PREVENTS
OBESITY



08
CAN HELP TO
REDUCE
ANXIETY



09
INCREASES
FUNCTIONING
OF THE LUNGS



10
INCREASES THE
BODY'S ACCESS
TO VITAMIN D



11
REDUCES THE
RISK OF
CANCER



12
CAN IMPROVE
QUALITY OF
SLEEP



13
GIVES YOU TIME
TO PRACTICE
SELF CARE



14
IMPROVES
COORDINATION
AND BALANCE



15
IMPROVES
QUALITY OF
LIFE



16
REDUCES
CHANCE OF
DIABETES



17
WALKING CAN
SPARK
CREATIVITY



18
STRENGTHENS
BONES AND
MUSCLES



19
CAN IMPROVE
BLOOD
PRESSURE



20
CAN HELP TO
BOOST YOUR
IMMUNE SYSTEM

