





MAINTAIN WEIGHT

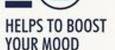
REDUCES YOUR STRESS LEVELS



INCREASES YOUR ENERGY LEVELS



DISEASE



06(

GETS THE BLOOD PUMPING







CAN HELP TO REDUCE ANXIETY



INCREASES FUNCTIONING OF THE LUNGS

INCREASES THE BODY'S ACCESS TO VITAMIN D



REDUCES THE RISK OF CANCER



CAN IMPROVE QUALITY OF SLEEP



GIVES YOU TIME TO PRACTICE SELF CARE



IMPROVES COORDINATION AND BALANCE



IMPROVES

LIFE

QUALITY OF

BLOOD **PRESSURE**





WALKING CAN SPARK CREATIVITY



MUSCLES

CAN IMPROVE



BOOST YOUR IMMUNE SYSTEM