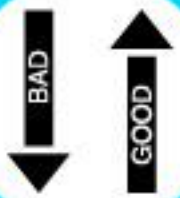
Just Walk



Walking reduces your risk of heart attack by raising “good” cholesterol and lowering “bad” cholesterol levels.

Walking reduces your risk of developing high blood pressure and other forms of heart disease.

Regular walking reduces your risk of developing Type 2 diabetes and improves your body’s ability to process sugar.

A brisk walk is a great way to reduce stress, depression and feelings of anxiety.

Just 30 minutes of walking a day can make you healthier and more energetic. So what are you waiting for? Start walking!

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