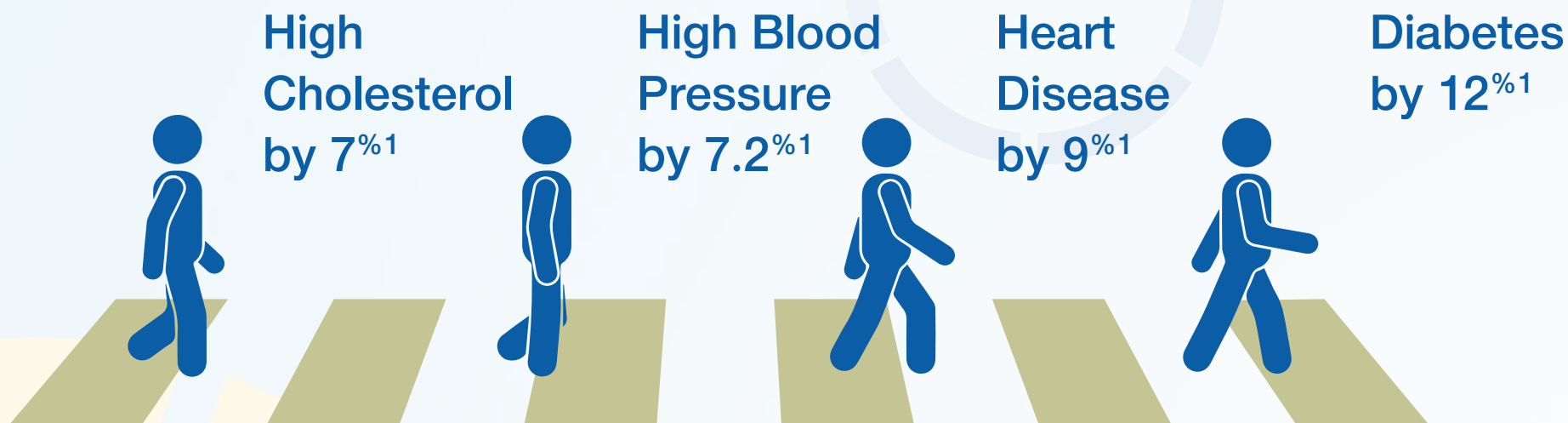


Walking Benefits

Research shows that walking can help reduce the risk of:



Getting up to walk outside can help:

- Improve heart and lung health.²
- Promote creative thinking.⁴
- Boost your mood through movement.³
- Increase muscle strength and endurance.²

(F) (I) (T) Goals

Keep these goals in mind to get the most out of your walks.

- Frequency**
500 steps in 7 minutes (6x/ day, 1 hour apart).
- Intensity**
3,000 steps in 30 minutes.
- Tenacity**
10,000 steps in 1 day.

¹ Life Science Division at Lawrence Berkeley National Laboratory (<https://www.ncbi.nlm.nih.gov/pubmed/23559628>)
² American Heart Association (<https://www.heart.org/en/healthy-living/fitness/walking/why-is-walking-the-most-popular-form-of-exercise>)
³ Examining group walks in nature and multiple aspects of well-being: A large scale study (<https://www.liebertpub.com/doi/pdf/10.1089/eco.2014.0027>)
⁴ Stanford University (<https://news.stanford.edu/2014/04/24/walking-vs-sitting-042414/>)