











# Let's Walk



## Benefits

-  Increases energy
-  Elevates mood
-  Decreases anxiety and stress
-  Strengthens muscle and bones
-  Keeps your heart healthy

## Tips

-  Take the stairs
-  Take walks with your family and friends
-  Go for a walk during your lunch break
-  Stay hydrated
-  Wear comfortable shoes

## Set a goal



Aim to walk  
30 minutes a day

or

10,000 steps a day



Information provided by:

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