



## *Benefits of Walking*

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Why should you be excited about the benefits of walking? Why are we so passionate about walking?  
Why is walking the best exercise ever for us even at our ages?

### **First...it's so SIMPLE TO DO!**

Just put one foot in front of the other. Like that, you're off the couch and on your way to improving yourself by walking. And... starting to feel GREAT again! No special skill or talent required! No special equipment needed - other than a good pair of properly fitting walking shoes and socks.

One thing you do NEED to bring, though...your daily dose of dedication! Do that and you reap the rewards! A healthy lifestyle for years to come!

### **Some Basic Benefits of Walking**

- ♡ Just think. You can leave that couch behind, get great exercise, improve your health and fitness...and start to feel great again. ***The benefits of walking are all for free!*** Just by putting one foot in front of another. How great a deal is that?
- ♡ Need more reasons? When you walk, you **reduce your blood pressure** and **improve your cardiovascular functions**. Heart health plays an essential role in enjoying a healthier lifestyle. That alone makes it worth getting back out there doesn't it?
- ♡ When you walk, it has a **positive impact on your weight** and **age-related illnesses**. It helps **build muscle strength** and **endurance** and ... **maintains healthier bones and joints**. Result? Fewer aches and pain.
- ♡ More benefits of walking! **Your stress level is diminished**, and... you've **slowed down the aging process**. You leave the extra baggage in the 'caboose' behind! Very sweet indeed!
- ♡ And... your **renewed energy** gives you the urge (and ability) to start doing more outdoor activities with your family and friends. Maybe your grandkids.
- ♡ Off the couch and well on your way to adding the fun back into your life. At the end of the day, that's what it's all about, isn't it?

Join the challenge and track your walking days on the LiveWell Platform – [www.join.virginpulse.com/bfm](http://www.join.virginpulse.com/bfm)

For more information you can follow the Bermuda Heart Foundation on Facebook: @bermudaheartfoundation or call 441-232-2673