

# Benefits of walking

Walking doesn't make just your feet happy.  
It is good for your whole body!

- Great way to keep fit without risk of injury.
- Special equipment not needed.
- Burns calories. Builds stamina.
- Enhances muscle tone. Makes the heart stronger.
- Helps relieve stress and lifts your mood.
- Aids digestion and regularity.
- Enhances feelings of well-being.
- Lowers the risk of, and helps manage, diabetes, heart disease, high blood pressure, and osteoporosis.

