

+ WALK IT OUT WEDNESDAY



DID YOU KNOW...

Walking is the most popular aerobic physical activity. It's a low-impact exercise, and you can go as fast or as slowly as you'd like. Grab some friends and go for a walk today!

Physical activity can lead to many benefits, including:

- ✓ Reduced blood pressure
- ✓ Improved blood sugar regulation
- ✓ Improved mental health
- ✓ Reduced stress
- ✓ Stronger bone density

