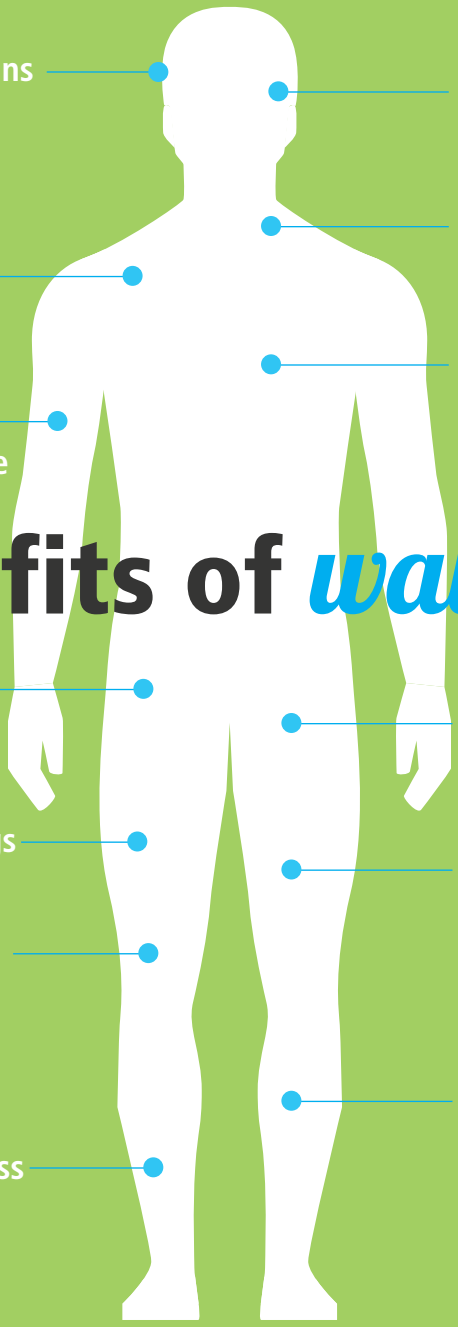
Rx Did you know doctors recommend 30 minutes of walking 5 days a week for optimal health?

Benefits of *walking*



- Boosts endorphins
- Improves balance & coordination
- Boosts immune system
- Reduces dementia risk
- Reduces cardiac risk factors
- Works arm & shoulder muscle
- Lowers blood pressure
- Limits colon cancer risk
- Strengthens legs
- Reduces risk factors for cholesterol & diabetes
- Boosts immune system
- Maintains healthy weight
- Builds bone mass

* Source: Harvard Medical School