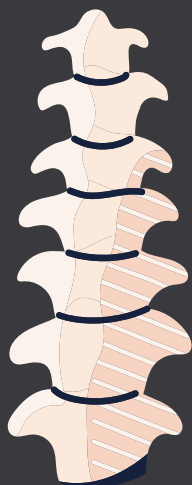


10 BENEFITS OF WALKING EVERYDAY

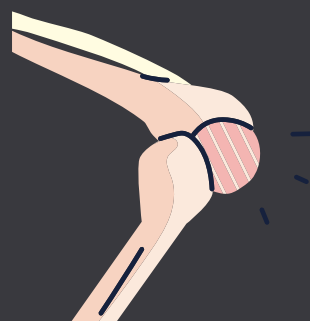
1. CALMER MIND.

Improves depression
Changes mood for better



2. BACK PAIN RELIEF.

Low-Impact activity
Better blood circulation
Improves posture and flexibility



3. STURDIER BONES AND JOINTS.

Prevent osteoporosis
Prevent or reduce bone loss



4. TONED MUSCLES.

10,000 steps a day can be just as effective as a full bown workout

5. IMPROVED DIGESTION.

Lowers the risk of developing colon cancer and improves survival of colon cancer

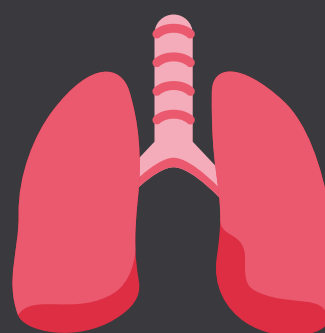


6. BENEFITS THE PANCREAS.

Prevents Diabetes
Better Blood sugar absorption

7. INCREASED LUNG VOLUME.

Increases oxygen-flow
Helps eliminate toxins and waste

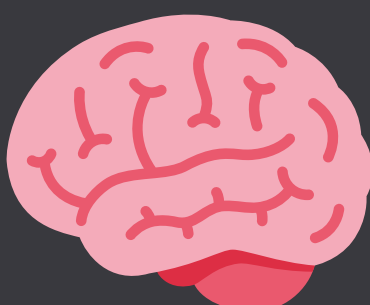


8. PREVENTION OF HEART DISEASE.

Lowers high blood pressure and cholesterol levels and improves blood circulation

9. IMPROVED EYE SIGHT.

Stimulates visual cortex
Reduces the risk of developing glaucoma



10. BRAIN BOOSTING EFFECT.

Lower Chance of getting Alzheimer's and/or Dementia