

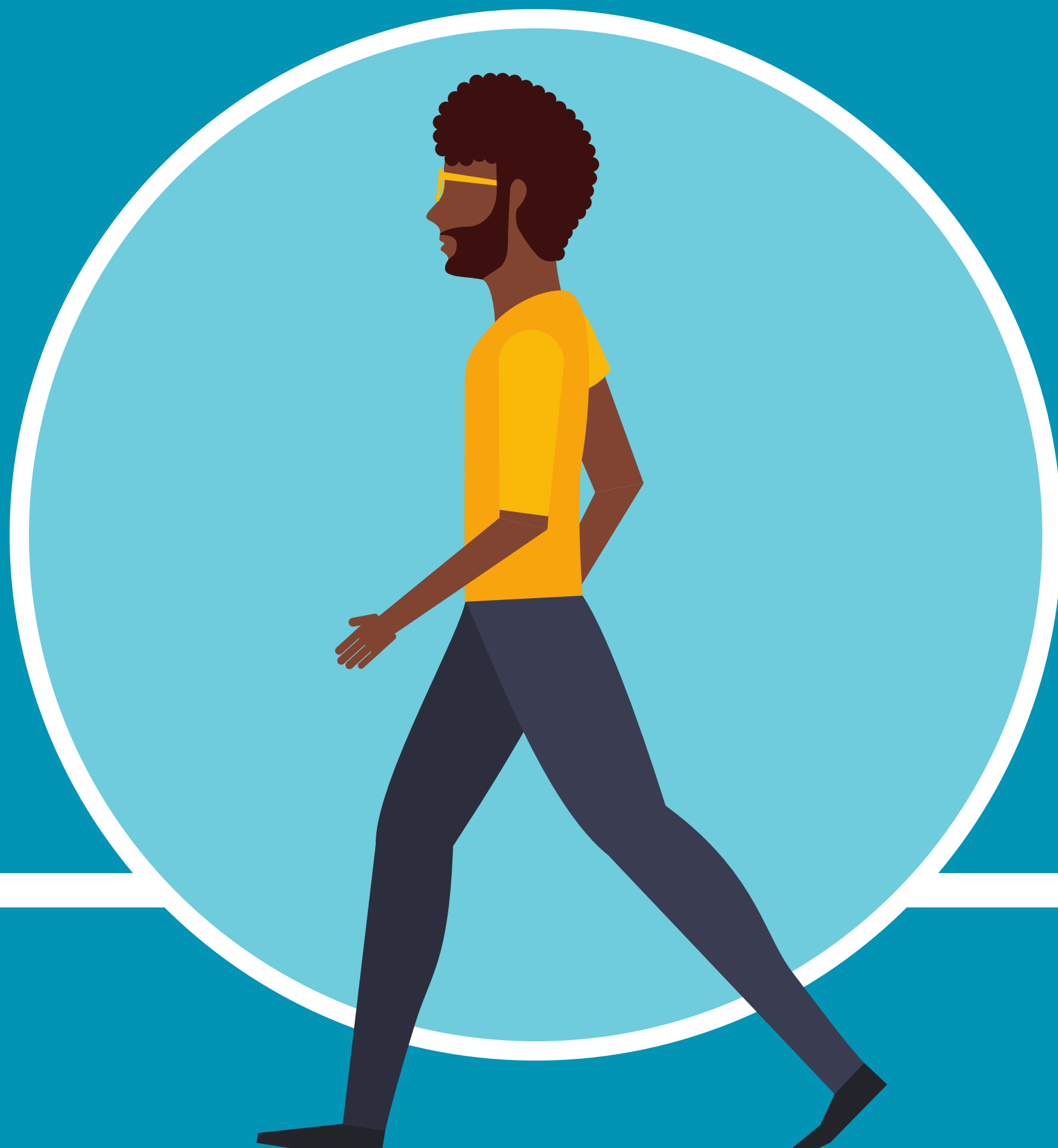


**Regular walking helps to  
maintain a healthy weight and  
strengthen bones.**





**Walking can reduce stress and  
improve memory.**





**Walking briskly can lower your  
risk of diabetes and high  
blood pressure.**





**Lightening your mood and  
relaxing is as easy as  
taking a walk.**





**Boosting your energy levels  
and creativity is as easy  
as taking a walk.**





**Walking just 15-30 minutes  
a day can add years  
to your life.**

