

# 15 HEALTH BENEFITS OF WALKING

## WALKING:

PHYSICAL HEALTH

- helps to make your heart strong/improves cardiovascular fitness.
- lowers risk of heart disease, high blood pressure, diabetes and stroke.
- helps strengthen bones and muscles.
- helps to alleviate joint pain, including pain caused by arthritis.
- helps boost and strengthen your immune system.
- helps manage a healthy body weight.



## WALKING:

MENTAL HEALTH

- helps to improve mood.
- helps to improve cognition and memory.
- outdoors can help reduce symptoms of depression and anxiety.
- can even improve quality of sleep.



## WALKING:

SOCIAL WELLNESS

- can be a social activity to meet and engage with others.
- together can help build and strengthen support systems.
- requires no membership or financial cost.
- is a great form of exercise that your pet can benefit from too.
- can be a great way to explore community and raise awareness of opportunities around you.



“If a medication existed which had a similar effect to physical activity, it would be regarded as a wonder drug or miracle cure.”

SIR LIAM DONALDSON

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