WALKING: helps to make your heart strong/improves cardiovascular fitness.
WALKING: lowers risk of heart disease, high blood pressure, diabetes and stroke.
WALKING: helps strengthen bones and muscles.
WALKING: helps to alleviate joint pain, including pain caused by arthritis.
WALKING: helps boost and strengthen your immune system.
WALKING: helps manage a healthy body weight.
WALKING: helps to improve mood.
WALKING: helps to improve cognition and memory.
WALKING: outdoors can help reduce symptoms of depression and anxiety.
WALKING: can even improve quality of sleep.
WALKING: can be a social activity to meet and engage with others.
WALKING: together can help build and strengthen support systems.
WALKING: requires no membership or financial cost.
WALKING: is a great form of exercise that your pet can benefit from too.
WALKING: can be a great way to explore community and raise awareness of opportunities around you.