

HEALTHY TIPS FOR EVERYDAY

HEALTHY- When Hippocrates said that “Walking is man’s best medicine, he didn’t realize that thousands of years later, new benefits of walking would be discovered daily. Some health benefits of walking include:

- + Burns almost as many calories as jogging
- + Eases back pain
- + Slims your waist
- + Lowers Blood Pressure
- + Reduces level of bad cholesterol
- + Enhances stamina and energy
- + Lessens anxiety and tension
- + Improves muscle tone
- + Easy on your joint
- + Reduces appetite
- + Increase aerobic capacity
- + Can be done in short bouts
- + Slows down Osteoporosis
- + Can be done when you’re traveling