



INCREDIBLE BENEFITS OF WALKING

The benefits of walking are endless. To remind us of the attributes of walking our team has put together a helpful “starter” list. It’s a starter list because we encourage you to write down a list of reasons why you personally want to stick with walking for life. As your days turn into weeks, months and years continue to review, reflect, add to or delete from your list. Review the list when “daily emergencies” arise, the weather becomes wet and cold, or you just “don’t feel like it.” Post your list in conspicuous places in your home and place of work. Your Wonders of Walking team wants you to stick with walking your whole life and reap the rewards! Below, please find your starter list!

- Improved cardiovascular health
- Stronger heart muscle
- Reduced blood fat including LDL cholesterol
- Improved coronary circulation
- Decreased risk of heart disease
- Increased protective HDL cholesterol
- Increased lean body tissue and decrease in body fat
- Greater work efficiency
- Enhanced emotional stability
- Increased energy
- Stabilization of blood pressure
- Improved quality of sleep
- Fewer stress symptoms
- Improved self-concept
- Improved appearance
- Ability to enjoy leisure time
- Improved performance in sports and recreational pursuits
- Decreased risk of adult-onset diabetes
- Quicker recovery from physical and/or emotional stress
- Increased oxygen carrying capacity of the blood
- Less chance of osteoporosis
- Reduced risk of certain cancers

...Your Resource for Success ...

- Improved quality of life
- Improved intellectual performance
- Improved ability to meet emergencies
- Fun
- And more.....
-

Just think – how many creatures can move about the way we do – walking, jogging, skipping, skating, skiing, dancing, hiking, climbing, jumping, rowing, and cycling....endless choices for movement. No other species can, we humans are the only ones.

During your next walk ask yourself ‘What are my favorite movement activities and why do I enjoy them?’ Send us an email info@wondersofwalking.com.

What you choose to do should add to the quality of your life, not subtract from it. After your walk today, what did you enjoy most? Cherishing what you can do does wonders for the mind and body!

Walking is such a gift!

...Your Resource for Success ...

Wonders of Walking, LLC • Judy Heller • jheller@wondersofwalking.com • www.wondersofwalking.com
503.282.1677 • 610 SW Broadway, Ste. 602 • Portland • OR • 97205

This information may not be reprinted without the express written permission of Wonders of Walking, LLC
© 2012