



# Benefits of Walking

Walking has many benefits:

1. helps you lose weight
2. lowers risk of heart disease
3. raises your self-esteem
4. tones your muscles
5. helps you burn calories
6. lowers stress
7. improves your mood
8. gives you energy
9. lowers your chances of getting injured
10. lowers blood pressure
11. strengthens bones and joints

**If you have questions, talk to your CHN doctor or nutritionist!**