

# WALKING

The Benefits of Moving

# LIKELY HEALTH GAINS

- PREVENTION OF HEART DISEASE
- CONTROL AND PREVENT DIABETES
- PREVENT CANCER
- IMPROVE BONE STRENGTH
- IMPROVE ENDURANCE
- MAINTAIN BRAIN HEALTH
- DELAY DEATH

# EXERCISE

- AEROBIC (anything which keeps you breathing hard)
- STRENGTH TRAINING (moving heavy things)
- STRETCHING ( the opposite of stiffening)
- PLAYING (this forces the brain and the body to work together)

# TYPES OF WALKING

- WALKING FOR EXERCISE
- WALKING FOR LOCOMOTION
- WALKING FOR PLEASURE