STEPS IN THE RIGHT DIRECTION
EXPLORING THE POTENTIAL BENEFITS OF WALKING

Walking may...

- **IMPROVE**
  - energy and mood
- **TONE**
  - muscles
- **STRENGTHEN**
  - bones
- **BURN**
  - calories
- **LOWER**
  - bad cholesterol

**TIPS**
- Walk with your chin up and shoulders back
- Swing your arms naturally
- Roll your foot from heel to toe with toes pointing forward

**SET GOALS**
**KEEP TRACK**
**BE SAFE**