

WHEN YOU WALK DAILY YOU ...



REDUCE THE RISK
OF GETTING
TYPE 2
DIABETES BY
50%



LOWER THE RISK OF
DEMENTIA
BY ABOUT
30%

REDUCE THE RISK
OF GETTING
HEART
DISEASE BY
30%



LOWER THE RISK
OF GETTING
BREAST CANCER BY
40%



PREVENT
13 TYPES OF
CANCERS