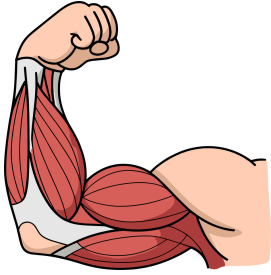
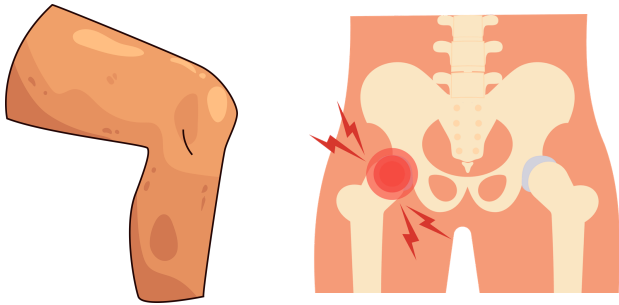


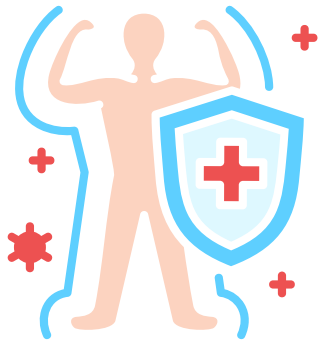
Benefits of walking



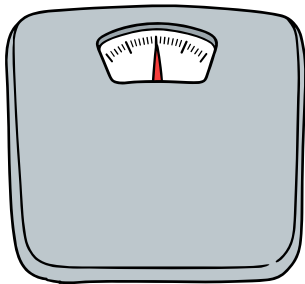
Strengthens muscles and bones



Supports joints (great for knees and hips)



Boosts immune system



Help manage weight and burns calories

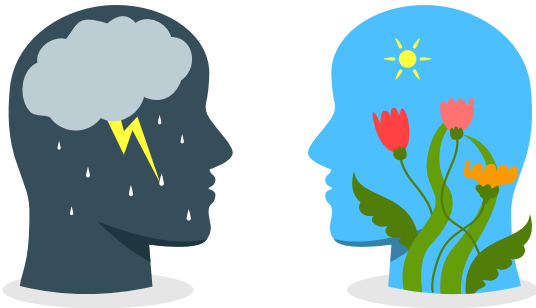


Reduces stress and anxiety

Benefits of walking



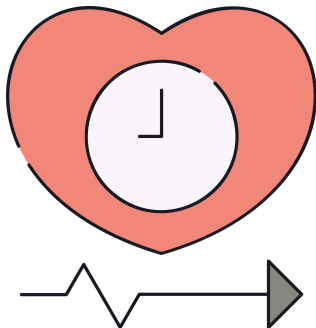
Boosts creativity and helps you think clearer



Can help with symptoms of depression



Helps regulate sleep



Can increase life expectancy



Supports healthy aging