

# Walk Around the REZ

*A Simulated Virtual Walk*



## Walk Your Way to Wellness

**There are numerous health benefits from walking regularly. Walking not only enhances your current health, but also reduces your chance of developing long-term chronic conditions such as heart disease, a leading cause of death for both men and women. In addition to physical benefits, walking promotes a healthy mental and emotional state.**

### **A WALK A DAY CAN HELP PREVENT AND TREAT...**

- Heart Disease
- High Blood Pressure
- Stroke
- High Cholesterol
- Diabetes
- Obesity
- Osteoporosis
- Arthritis
- Depression or Anxiety

### **PHYSICAL BENEFITS FROM WALKING INCLUDE...**

- Stronger, healthier heart
- Overall, increased oxygen intake by the body - helping to burn more calories
- Strengthens immune system, helping to reduce your risk of catching viruses like the cold and flu
- Key contributor to weight loss
- Greater aerobic fitness
- One of best ways to manage your weight
- Relieves arthritis and back pain
- Strengthens muscles, bones and joints
- Lengthens lifespan

### **EMOTIONAL & MENTAL HEALTH BENEFITS FROM WALKING INCLUDE...**

- Mind-body connection - benefits to your body benefit your brain
- Increased oxygen to your brain, helping to maintain focus and clarity
- Stress reduction
- Improved sleep
- Overall, elevated mood and sense of well-being