

8 GREAT REASONS TO

TAKE A WALK

Walking is free, easy, requires virtually no equipment and can be done anywhere. And it has both physical and mental health benefits for everyone. So slip on those sneakers and get moving!

1 Boost your mental health

Aerobic exercise can have a positive impact on depression, anxiety, ADHD and your overall mood.

2 Relieve stress

Walking triggers your body to release endorphins and helps to relax your muscles and ease tension.

3 Improve your sleep

Walking regularly can help you sleep better (but don't exercise too close to bedtime).

4 Build your bones

Low-impact, weight-bearing exercises like walking can help keep bones strong.

5 Prevent heart disease

Regular brisk walking can lower your risk for heart disease and high blood pressure.

6 Watch your weight

Walking burns calories, which can help you lose or maintain a healthy weight.

7 Strengthen your muscles

Walking can help build muscle tone in your legs, hips and buttocks – and increase your endurance.

8 Protect your heart and lungs

Exercise makes your heart and lungs stronger as they work harder to supply oxygen to your muscles.



The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day.



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Sources: American Academy of Sleep Medicine; <http://sleepeducation.org>, American Lung Association; <https://www.lung.org>, CDC; <https://www.cdc.gov>, Mayo Clinic; <https://www.mayoclinic.org>, Mental Health America; <http://www.mentalhealthamerica.net>, National Osteoporosis Foundation; <https://www.nof.org>

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