

The Health Benefits of Walking

brought to you by



Alberta Health Services



Walking has been shown to help manage **dementia**¹



Regular walking improves bone mass and density, essential for managing **Osteoporosis**³



Walking can help to improve **Metabolic Syndrome** and related illnesses⁵



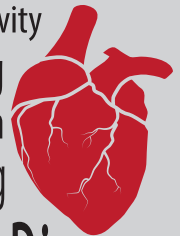
Walking assists in managing **obesity**⁷



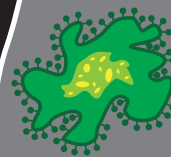
Walking improves **mental health**² including improving personal morale and reducing the impact of stress²



Regular physical activity including walking plays a key role in preventing and managing **Cardiovascular Disease**⁴



Walking reduces your risk of certain **cancers** such as breast cancer and colon cancer⁶



Walking helps to manage **Diabetes**⁸

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