Top 10 Benefits of Walking

Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
Lowers blood pressure
Helps reduce risk and aids with the management of type 2 diabetes
Improves mood
Helps maintain strong bones
Reduces risk of heart disease
Helps with weight management
Reduces stress
Helps you stay strong and fit

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