

Documented Benefits of Walking

- Prevents up to 91% of cases of obesity and type 2 diabetes

Documented Benefits of Walking

- Prevent up to 50% of all cases of heart disease

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- Reduce risk of stroke by 25-30%

Documented Benefits of Walking

- Prevent up to 50% of all stroke deaths

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- Reduce congestive heart disease deaths by 63%

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- Reduce hospital readmission for heart failure patients 70%

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- Normalize blood pressure and reduce risk of developing high blood pressure

Documented Benefits of Walking

- Restore or maintain heart and blood vessel health

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- Restore and maintain normal cholesterol triglyceride levels

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- Reduce risk of breast cancer by up to 60%

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- Reduce pancreatic cancer in overweight people by 50%

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- Reduce lung cancer, even in smokers, by 72%

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- Reduce melanoma, that's right, skin cancer apparently from the sun, by over 72%

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- Prevent up to 50% of colon cancer

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- Reduce risk of developing, and improve outcomes of those with rheumatoid and osteoarthritis

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- Prevent osteoporosis and increase new bone formation

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- Increase strength, flexibility and balance

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- decrease gallbladder removal by 20% and decrease gallstones

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- Improve digestion and decrease indigestion

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- Improve bowel function and elimination

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- Increase immune system function

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- Increase macrophage (anti-tumor) activity and antioxidant levels

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- Decrease all mortality by 67% in the general population

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- Decrease all causes of mortality by 50% in 61-81 year olds

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- Prevent up to 47% of cognitive impairment, prevent up to 62% percent of Alzheimer's and 52% of dementia

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- Improve physical function in older adults

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- Decrease chance of ever being in a nursing home

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- Decrease rate of aging

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- Enhance learning by 12 times

Documented Benefits of Walking

- Increase dopamine and serotonin levels

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- Decrease depression by 20%, including relapses

Documented Benefits of Walking

- Increase growth and healing hormones

Documented Benefits of Walking

- Decrease stress and body breakdown hormones

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- Decrease body fat, obesity, and weight gain

8 out of 10 Adults are
diagnosed with a
chronic illness

5.5 of them have two

Pain can't kill you but
lack of movement will