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Get Fit, Stay Fit, and Have Fun Doing It™



## THE IMPORTANT HEALTH BENEFITS OF WALKING

The FitHeads® System is a new, research-based approach to fitness that combines established personal change therapies with something people do every day – WALKING. Study after study shows that the simple act of walking provides numerous health benefits – from reducing the risk of disease, to strengthening bones and muscle, to losing or maintaining a healthy weight.

According to a survey in the National Sporting Goods Association's (NSGA) annual "Sports Participation – Series I and II" reports, walking as an exercise had a 2.7 percent growth in 2007 and remained the top participation activity among Americans. Their results found that 89.9 million Americans used walking as a form of exercise. ([www.nsga.org](http://www.nsga.org))

So what are some of the health benefits? Studies show that walking can:

- Reduce fat, resulting in weight loss
- Reduce cardiovascular disease by as much as 30-50 percent
- Reduce the risk of colon cancer and breast cancer
- Increase energy levels
- Improve circulation
- Protect against diabetes in high-risk people
- Improve stability, endurance, and agility
- Lower blood pressure and reduce the risk of heart attack
- Relieve stress
- Improve mood
- Decrease osteoarthritis pain
- Lower blood glucose and improve insulin action in diabetics
- Use and condition most muscles and many bones
- Increase mental acuity
- Boost aerobic fitness
- Reduce the debilitating impact of both depression and anxiety
- Improve sleep quality

In addition, unlike other forms of exercise, walking does not require a gym membership, expensive equipment or specialized training. All that's needed is a good pair of shoes and a commitment to walk on a regular basis. Walking as exercise provides flexibility to those with busy schedules – and it can even be done during vacations and business trips.

For additional information about FitHeads, go to [www.FitHeads.com](http://www.FitHeads.com).