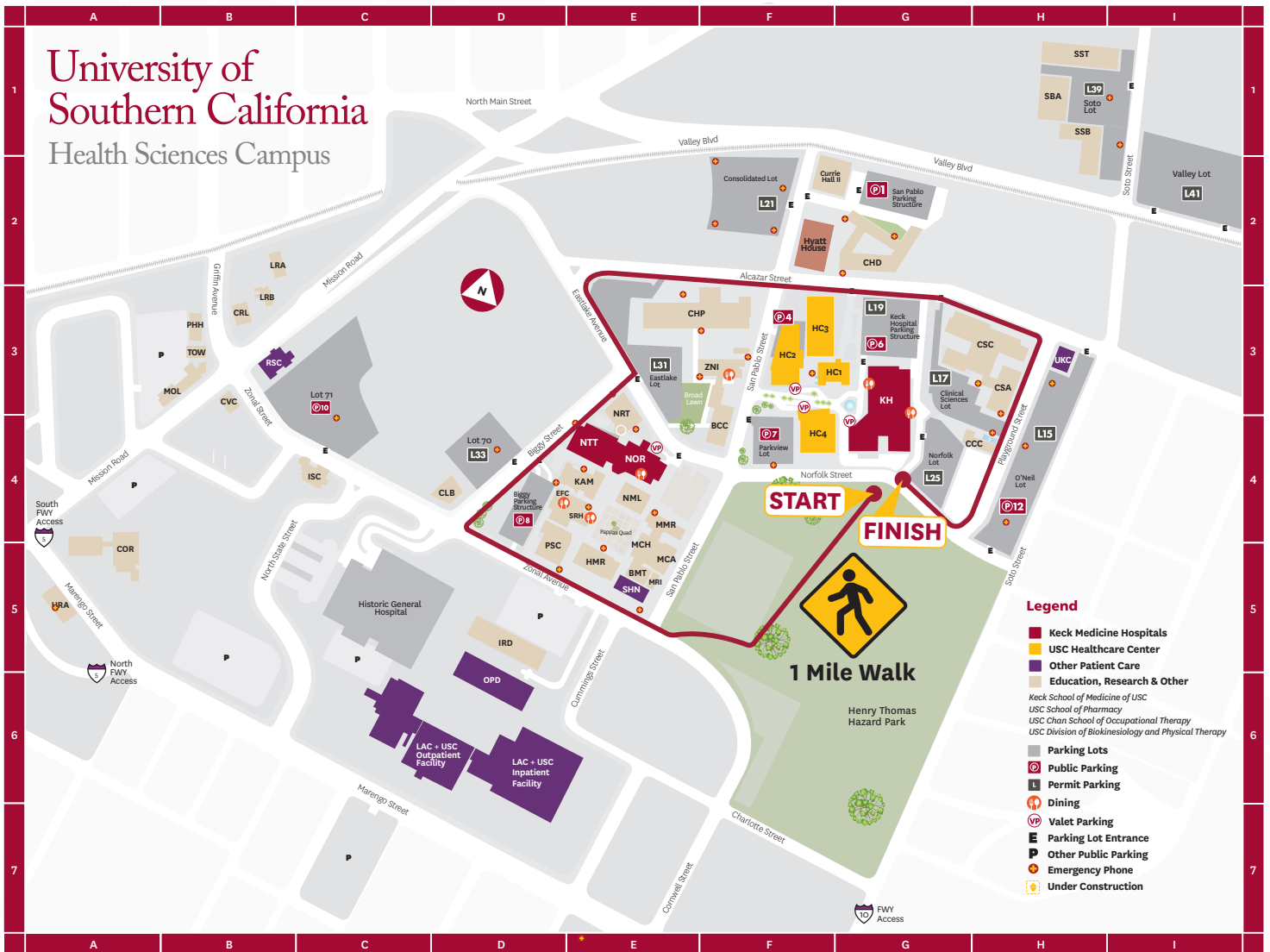


Walking for Wellness



Too many of us are powering through the day, full throttle, and never stopping until it's time to call it a day. But, even on the busiest days, stepping away from work to take a walk may be just the thing you need. Why? Because walking just might make you better at your job.

Studies have shown that walking boosts your brainpower:

- Walking improves concentration and memory.
- Moving your feet increases creativity and your ability to solve problems.
- And it reduces stress and puts you in a better mood.
- Lunchtime walks make you more productive in the afternoon.

When you walk, more oxygen and blood get pumped to the brain, stimulating brain activity. Making a habit of walking helps develop new connections between brain cells, increases the volume of the hippocampus and stimulates the growth of new neurons.

Regular walking is not only great for the brain, it's also great for the body.

- Walking reduces the risk of developing heart disease.
- Movement helps keep your cholesterol in check.
- Exercise improves bone strength.
- Even aching backs feel better with regular exercise.

