Walking for as little as 30 minutes a day can have the following health benefits1:

* Reduce the risk of coronary heart disease
* Improve blood pressure and blood sugar levels
* Maintain body weight and lower the risk of obesity
* Enhance mental well-being
* Improve blood lipid profile
* Reduce the risk of osteoporosis
* Reduce the risk of breast and colon cancer
* Reduce the risk of Type 2 diabetes

Walking is low impact; easier on the joints than running. It is safe – with a doctor’s okay – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. That quick stroll around the block seems a little more worthwhile now, doesn’t it?

**Join Dr. Cook** and other people looking to improve their health at the next **Walk With A Doc**.

**Time: Saturday Feb 17th at 11:00am**

**Location: Laura Howe Marsh**

**Who can attend: Anyone !**

