

Take a **STEP** toward better **HEALTH**

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

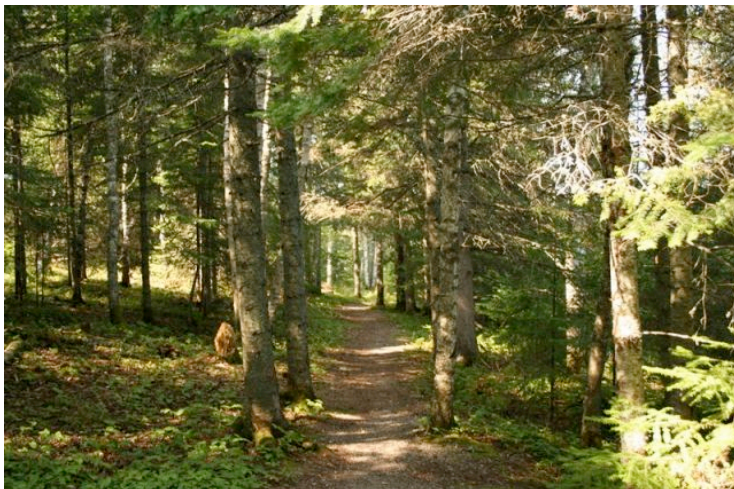
Walking is low impact; easier on the joints than running. It is safe – with a doctor’s okay – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. That quick stroll around the block seems a little more worthwhile now, doesn’t it?

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

Time: **Saturday Nov 4th at 11AM**

Location: **Laura Howe Marshe**

Who can attend: **Anyone!**



“I have two doctors, my left leg and my right.”

-- G. M. Trevelyan

justwalk
a **WALK** with a
DOC program

