

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

Walking for as little as 30 minutes a day can have the following health benefits<sup>1</sup>:

- 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:** Wednesday Sept 20<sup>th</sup> at 7 PM

**Location:** Dryden High School Track

**Who can attend:** Everyone!

**justwalk**  
a WALK with a  
DOC program

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

-- G. M. Trevelyan

