



Walk yourself to happy

A popular activity - it's easy, cheap, fun and has many benefits:

- Helps to build a strong heart, lungs and bones.
- You'll feel better and happier.
- Walking burns calories, and helps to control your weight.
- Connects you with your neighborhood.

Take a walk on most days.



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet **can be reproduced**
for educational purposes.



Walk yourself to happy

A popular activity - it's easy, cheap, fun and has many benefits:

- Helps to build a strong heart, lungs and bones.
- You'll feel better and happier.
- Walking burns calories, and helps to control your weight.
- Connects you with your neighborhood.

Take a walk on most days.



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet **can be reproduced**
for educational purposes.