

# The *walking* cure

An hour a day on foot adds up to 1000 miles in a year - and does all this!

## HEAD

Boost memory, creativity, self-esteem and sociability, and reduce your risk of stroke by a third.

## LUNGS

Reverse decades of aerobic capacity decline.

## CANCER

Cut the risk of dying from cancer by 40%-50%.

## BONES

Boosts bone density - reducing the chance of hip fracture by 40%.

## JOINTS

Supercharge your joints your body's own anti-inflammatory compounds.

**JUST 2.74 MILES  
A DAY = 1000**

Free ✓ Fun ✓ Flexible ✓

## HEART

Cuts your risk of heart attack in your fifties and sixties by half.

## DIGESTION

Walking heightens gastric motility and the elimination of toxins, protecting your colon.

## WEIGHT

Cuts your risk of obesity in half and Type 2 diabetes by 60%.

## MUSCLES

Prevent muscle wastage, triggers cells' anti-aging processes and repair DNA.

Sign up today to join the **FREE, fun, flexible** challenge that changes lives one step at a time

[www.walk1000miles.co.uk](http://www.walk1000miles.co.uk)

