

BENEFITS OF WALKING

If you are looking for an easy and inexpensive way to stay healthy, you need nothing more than your own two (2) feet. Walking is an ideal form of exercise – it is free, and you can do it almost anytime and anywhere.

Dr. Hend Azhary, a family physician and educator at MSU, indicates the benefits of walking include:

- Increasing your memory
- Sleeping better
- Lifting your mood
- Improving your balance & coordination
- Increasing your creativity
- Recharging your battery
- Increasing your confidence
- Reducing your pain
- Reducing your risk for cancer