3 REASONS TO WALK 30 MINUTES A DAY

Want to be a stronger, healthier person?

Get at least 2.5 hours (150 minutes) of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week to:

1) MAINTAIN HEALTHY WEIGHT
   - Burn 150 calories+ a day

2) IMPROVE MOOD & BALANCE
   - Boost your memory & ability to learn

3) PREVENT OR MANAGE CONDITIONS, such as heart disease, high blood pressure & type 2 diabetes

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BONUS:

Physical inactivity costs an estimated $177 billion per year in medical costs and accounts for 16% of all deaths in both men and women.

The average American spends more than 100 hours commuting to work each year. Each hour spent in a car per day is associated with a 6% increase in the likelihood of obesity.

START MOVING

WalkYorkCity.com

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