



START WALKING

It's Easy

- Walking is the simplest way to start and continue a fitness journey.
- Walking costs nothing to get started.
- Walking has the lowest dropout rate of any type of exercise.
- Walking is easy and safe.

It Works

- Studies show that for every hour of walking, life expectancy may increase by two hours.
- Walking for as few as 30 minutes a day provides heart health benefits.
- Walking is the single most effective form of exercise to achieve heart health.

Additional Resources

- Visit <http://www.heart.org/en/healthy-living/fitness/walking> for access to the following tools and resources:
 - Join a local walking club
 - Create a personalized walking plan