

WHAT ARE THE BENEFITS OF WALKING FOR EXERCISE?

PHYSICAL BENEFITS

- Builds fitness, strengthens muscles and bones
- Enhances cardiovascular health and boosts energy
- Reduces risks of heart disease, stroke, and certain cancers
- Manages chronic conditions and aids in weight loss
- Improves sleep quality



MENTAL BENEFITS

- Sparks creativity, elevates mood, and relieves stress
- Enhances cognitive function, memory, and brain health
- Immediate relief from anxiety and depression with short walks
- Quick stress reduction: 10 minutes of walking can be as effective as a 45-minute workout



GET MOVING TODAY!

Programs like **Walk Across Texas**, **Walk Through Texas History**, and the **10&10,000 Change Challenge** can kick start your walking routine.

Start walking now to enjoy both physical and mental health benefits!



LEARN MORE



HOWDY HEALTH

TEXAS A&M
AGRI LIFE
EXTENSION

FAMILY &
COMMUNITY HEALTH