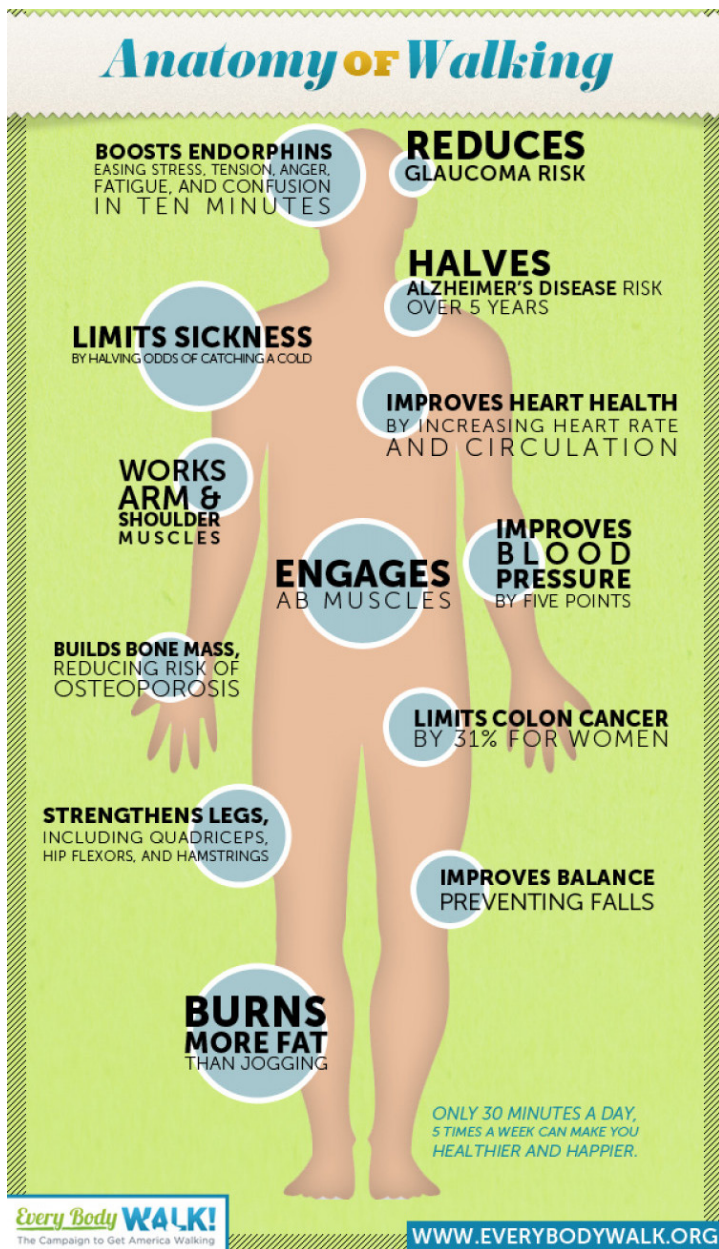


**Walking** — A good walk can do wonders for your mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.



**Anatomy of Walking**

- BOOSTS ENDORPHINS**  
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK OVER 5 YEARS**
- LIMITS SICKNESS**  
BY HALVING ODDS OF CATCHING A COLD
- IMPROVES HEART HEALTH**  
BY INCREASING HEART RATE AND CIRCULATION
- WORKS ARM & SHOULDER MUSCLES**
- ENGAGES AB MUSCLES**
- IMPROVES BLOOD PRESSURE**  
BY FIVE POINTS
- BUILDS BONE MASS,**  
REDUCING RISK OF OSTEOPOROSIS
- LIMITS COLON CANCER**  
BY 31% FOR WOMEN
- STRENGTHENS LEGS,**  
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- IMPROVES BALANCE**  
PREVENTING FALLS
- BURNS MORE FAT**  
THAN JOGGING

ONLY 30 MINUTES A DAY, 5 TIMES A WEEK CAN MAKE YOU HEALTHIER AND HAPPIER.

**Every Body WALK!**  
The Campaign to Get America Walking

[WWW.EVERYBODYWALK.ORG](http://WWW.EVERYBODYWALK.ORG)

## How walking affects the body

### 3 minutes

Blood pressure decreases

### 5 minutes

Mood improves

### 5-10 minutes

Creative thinking improves

### 15 minutes after meals

Blood sugar level decreases

### 30 minutes after meals

Helps to lose weight (depending on walking speed)

### 40 minutes

Reduces the risk of developing coronary heart disease in the elderly

### 90 minutes outside

Reduces the number of depressive thoughts

Visit our website for more tips on stress relief: [www.Health.Solutions](http://www.Health.Solutions)



## Health Solutions Support Systems Available in Pueblo

### Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

#### VISIT

Health Solutions  
Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

#### CALL

Health Solutions  
Crisis Services  
719.545.2746



#### STATE HOTLINE

Colorado Crisis Services  
1.844.493.8255

#### OR TEXT

Colorado Crisis Services,  
text TALK to 38255