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.

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

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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

Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator