

# WHEN YOU ARE WALKING DAILY YOU...



REDUCE THE RISK OF GETTING **TYPE 2** DIABETES BY **50%**



LOWER THE RISK OF **DEMENTIA** BY ABOUT **30%**

REDUCE THE RISK OF GETTING **HEART** DISEASE BY **30%**



LOWER THE RISK OF GETTING **BREAST CANCER** BY **40%**



**PREVENT** 13 TYPES OF **CANCERS**

