

HOW DOES WALKING AFFECT YOU?

AFTER 3 MIN.
your blood
pressure lowers

AFTER 5 MIN.
your mood and
self-esteem improve

AFTER 11 MIN.
the risk of premature
death decreases
(when you do it daily)

AFTER 5-10 MIN.
your creativity
and ability to solve
problems increase

AFTER 15 MIN.
blood sugar drops
(after a meal)

AFTER 30 MIN.
the risk of
depression and its
symptoms decrease