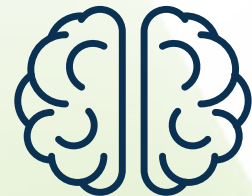


THE MENTAL EFFECTS

# WHEN YOU WALK ...



YOU GAIN  
**GREATER**  
MENTAL  
SURPLUS



YOUR  
MEMORY  
**SHARPENS**



YOUR MOOD  
**IMPROVES**



YOUR  
CONCENTRATION  
**INCREASES**



YOUR  
CREATIVITY  
**STRENGTHENS**



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