

Documented benefits of a 30 minute brisk walk

- Prevent up to 91% of all cases of obesity and Type 2 diabetes
- Prevent up to 50% of all cases of heart disease
- Reduce risk of stroke by 25-50%
- Prevent up to 50% of all stroke deaths
- Reduce congestive heart disease deaths by 63%
- Reduce hospital readmission for heart failure patients by 70%
- Normalize blood pressure and reduce risk of developing high blood pressure
- Restore or maintain heart and blood vessel health
- Restore and maintain normal cholesterol triglyceride levels
- Reduce risk of breast cancer by up to 60%
- Reduce pancreatic cancer in overweight people by 50%
- Reduce lung cancer, even in smokers, by 72%
- Reduce melanoma, that's right, skin cancer from the sun, by over 72%
- Prevent up to 50% of colon cancer
- Reduce risk of developing, and improve outcomes of those with, rheumatoid arthritis and osteoarthritis
- Prevent osteoporosis and increase new bone formation

- Increase strength, flexibility and balance
- Decrease gallbladder removal by 20% and decrease gallstones
- Improve digestion and decrease indigestion
- Improve bowel function and elimination
- Increase immune system function
- Increase macrophage (anti-tumor) activity and antioxidant levels
- Decrease all causes of mortality by 67% in the general population
- Decrease all-cause mortality by 50% in the 61 to 81 year-old age group
- Prevent up to 47% of cognitive impairment, prevent up to 62% of Alzheimer's and 52% of Dementia
- Improve physical function in older adults
- Decrease chance of ever being in a nursing home
- Decrease rate of aging
- Enhance learning by 12 times
- Increase dopamine and serotonin levels
- Decrease depression by 20%, including relapses
- Increased growth and healing hormones
- Decrease stress and body breakdown hormones
- Decrease stress and body breakdown hormones
- Decrease body fat, obesity and weight gain

What drug or surgery could ever compete with these documented benefits?

How much does a walk cost?