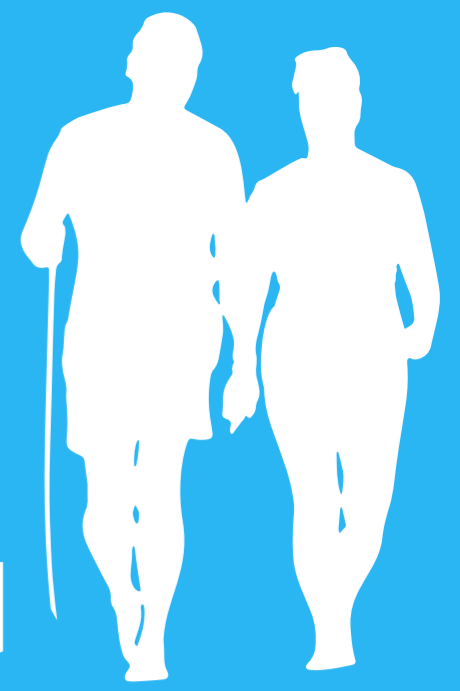




BENEFITS OF WALKING & JOGGING



150 MINUTES

Recommended amount of exercise each week for an adult by the American Heart Association.

8 HOURS

Sitting for 8 hours a day can affect your health negatively.



Both walking and jogging are excellent ways to add exercise to your daily life.

START BY WALKING 30 MINUTES PER DAY

and moving to a quicker paced jog to increase your fitness levels.

WALKING PROMOTES

- Better Sleep
- Concentration
- Energy Levels
- Cardiovascular Health
- Joint & Muscle Health
- Weight Management
- Lung Health
- Stress Relief

WALKING FOR LEISURE

64% of males.
76% of females.

BEFORE WALKING OR JOGGING

make sure you stretch your leg muscles to avoid injury.

UPGRADE YOUR SHOES

Better running shoes can help reduce impact making your exercise more comfortable, and reducing risk of injury.

How Active Are You?



INACTIVE
1 HOUR A DAY



MODERATELY
30-60 MINUTES A DAY



ACTIVE
30 MINUTES A DAY



3500-5000 / 10,000 STEPS

The average Canadian adult achieves less than half the recommended steps a day.



TIPS:

AVOID SIDEWALKS

Walking on trails and grass creates less impact on your joints