



## June 2023 Benefits of Walking 30 Minutes a Day

- ✓ Burns calories
- ✓ Strengthens the heart
- ✓ Can help lower blood sugar
- ✓ Eases joint pain
- ✓ Boosts immune function
- ✓ Boosts your energy
- ✓ Improves your mood
- ✓ Extends your life

Source: [What Are the Benefits of Walking?](#)

**It's time for a 30 Day Walking Challenge!**  
To help you stay accountable, keep track of your walks here:

*Let's do this!*

➔
