

**Lose Weight**

**Healthy Heart**

**Lower  
Blood Pressure**

**Strengthen Bones  
& Joints**

**Tones Muscles**

**Reduces Stress**

**Low Impact**

**Increase  
Self-Esteem**

**Injury Prevention**

**Increased Energy**

**Increases  
Metabolism**

**Improves Mood**

**GOOD MOVE**  
Walking