

Every Step Helps

You know exercising is great for you, but it's hard to find time to do it. If going to the gym sounds impossible, why not walk? Research says that walking for just 30 minutes each day will improve your health. For those who are really short on time, you can even break those 30 minutes up. Walk for 10 minutes, three times a day – and you're getting health benefits.

The National Institutes of Health says regular exercise like walking can:

- Improve high blood pressure
- Lower your risk of heart disease
- Strengthen muscles and bones
- Improve type 2 diabetes
- Give you more energy
- Help you manage stress
- Reduce feelings of depression

With exercise, every step helps. You don't need fancy equipment or even a gym membership to get healthier – and you can start today.