



STEP UP TO A longer life

Could something as simple as walking help you live longer? Some recent research says it's possible. Here's what to know:

1. Researchers had 17,000 older women wear a device each day to count their steps.
2. They tracked the women for four years.
3. Those who took between 4,400 and 7,500 steps each day were less likely to die during those four years.
4. Walking more than 7,500 steps is also good for your health!

Researchers said this is helpful for people who may think that 10,000 steps is overwhelming. Try to walk 4,400 steps or more each day, and you could see some important health benefits.

Sources: Journal of the American Medical Association, National Institutes of Health