HealthLink

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS

Taking a walk is good for your health

Walking can get you where you need to go and keep you mentally and physically healthy. All you need to succeed are comfortable clothes and the right pair of shoes.

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Improve your mental health with physical activity

There's no denying that there are numerous health benefits to walking. A daily walk can help you lose weight or maintain weight loss. And it may improve sleep and increase your energy. But in addition to the physical health benefits associated with walking, there are also several mental health benefits.

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Getting fit may be easier than you think

Walking is a great way to stay healthy, but there are a variety of ways you can burn extra calories at home or at the office.

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