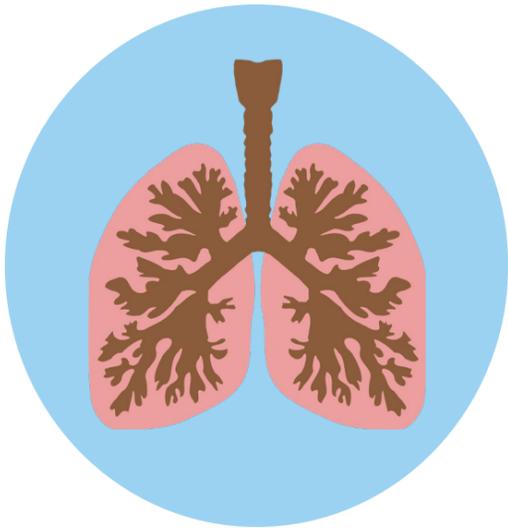
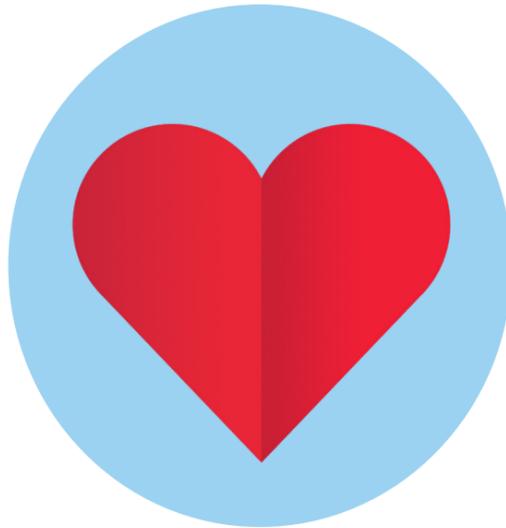


Six great health benefits you can get from walking



Walking increases your energy

Walking boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon.



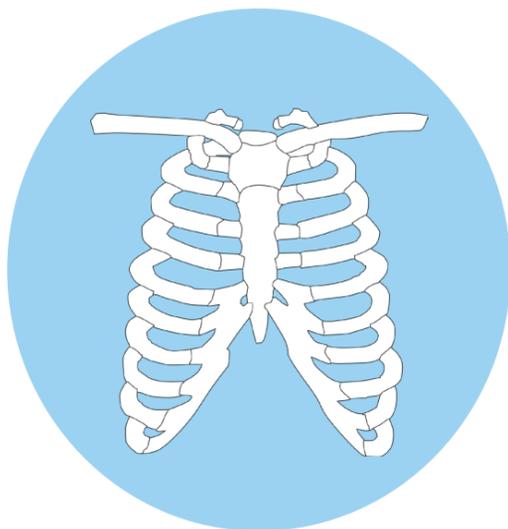
Walking strengthens your heart

The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.



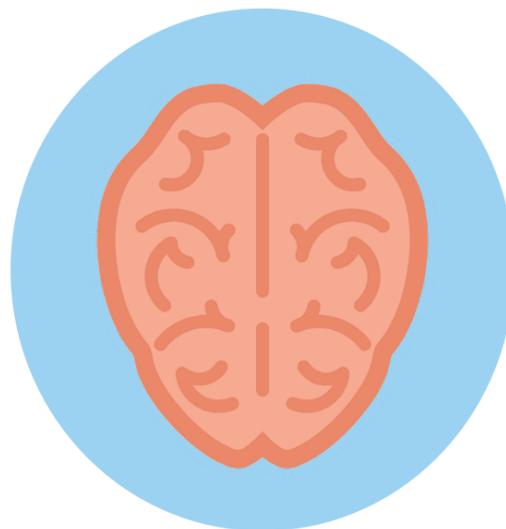
Walking helps you lose weight

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150 calories! Work that short walk into your daily routine and you'll shed the pounds in no time.



Walking boosts vitamin D

Many people in the UK are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.



Walking prevents dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since dementia affects one in 14 people over 65 and one in six over 80, we reckon that's a pretty great idea.



Walking makes you happy

Exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety.

Call us on **0800 980 4601** or enquire with your employer to join our **HealthcareConnect** scheme - discounted Private Health Insurance for you and your family.