

# The *walking* cure

Walk an hour a day and you'll walk 1000 miles in 12 months. The health benefits are mind-blowing...

## HEAD

Boosts memory, creativity, self-esteem and sociability, and reduces your risk of stroke by a third.

## LUNGS

Reverses decades of aerobic capacity decline.

## CANCER

Cuts the risk of dying from cancer by 40%-50%.

## BONES

Boosts bone density - reducing the chance of hip fracture by 40%.

## JOINTS

Supercharges your joints with synovial fluid and your body's own anti-inflammatory compounds.

**JUST 2.74 MILES  
A DAY = 1000**

Free ✓ Fun ✓ Flexible ✓

## HEART

Cuts your risk of heart attack in your fifties and sixties by half.

## WEIGHT

Cuts your risk of obesity in half and Type 2 diabetes by 60%.

## DIGESTION

Heightens gastric motility and the elimination of toxins, protecting your colon.

## MUSCLES

Prevents muscle wastage, triggers cells' anti-aging processes and repairs DNA.

Sign up **FREE** to the challenge that changes lives one step at a time

[www.walk1000miles.co.uk](http://www.walk1000miles.co.uk)

