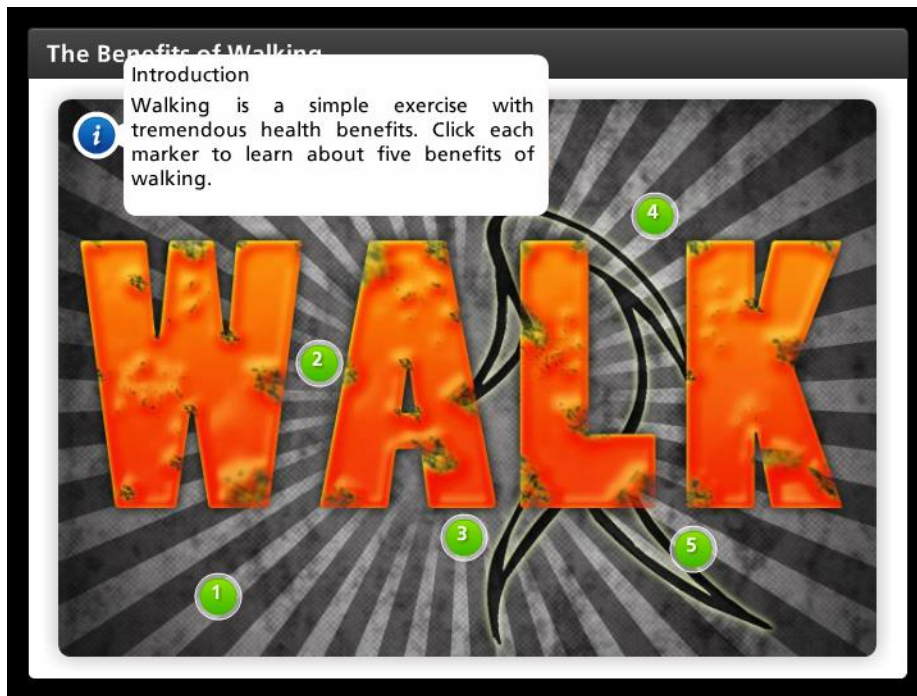


# Module 3: Mental Training

## Topic 6 Content: The Benefits of Walking Notes

### Introduction

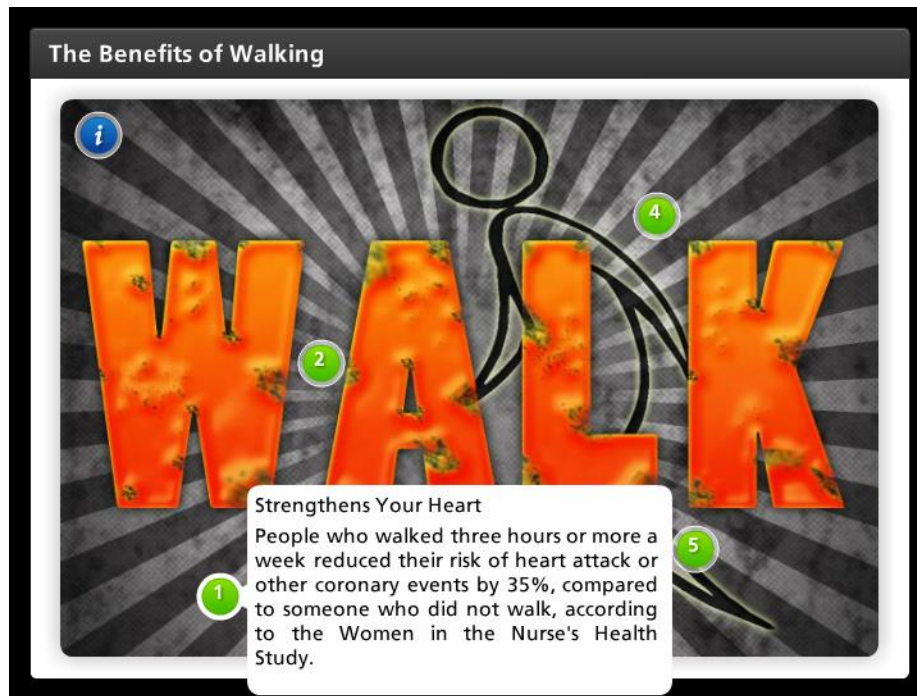


Walking is a simple exercise with tremendous health benefits. Click each marker to learn about five benefits of walking.

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#### Strengthens Your Heart

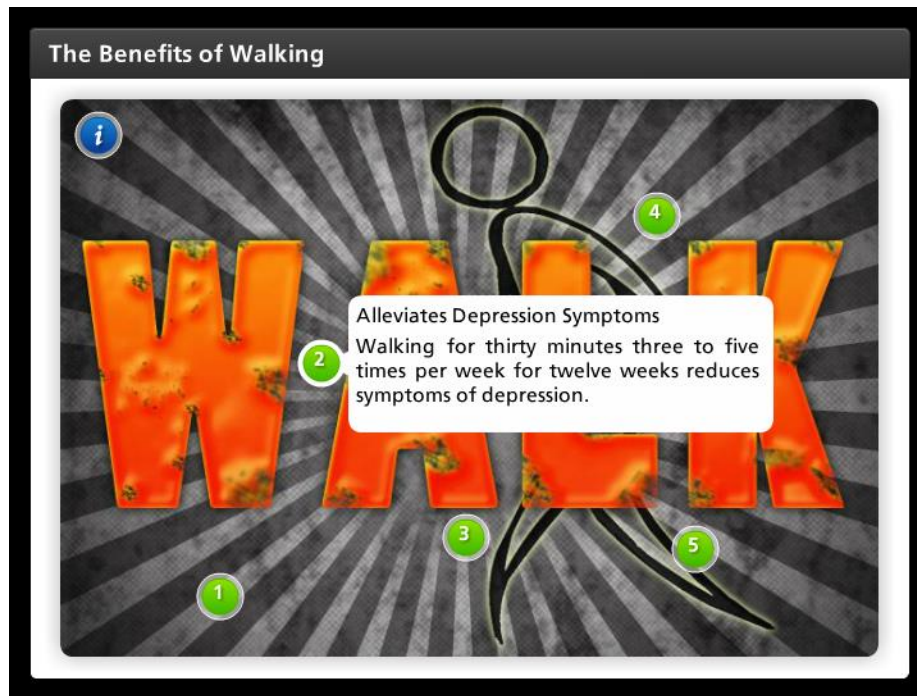


People who walked three hours or more a week reduced their risk of heart attack or other coronary events by 35%, compared to someone who did not walk, according to the Women in the Nurse's Health Study.

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#### Alleviates Depression Symptoms

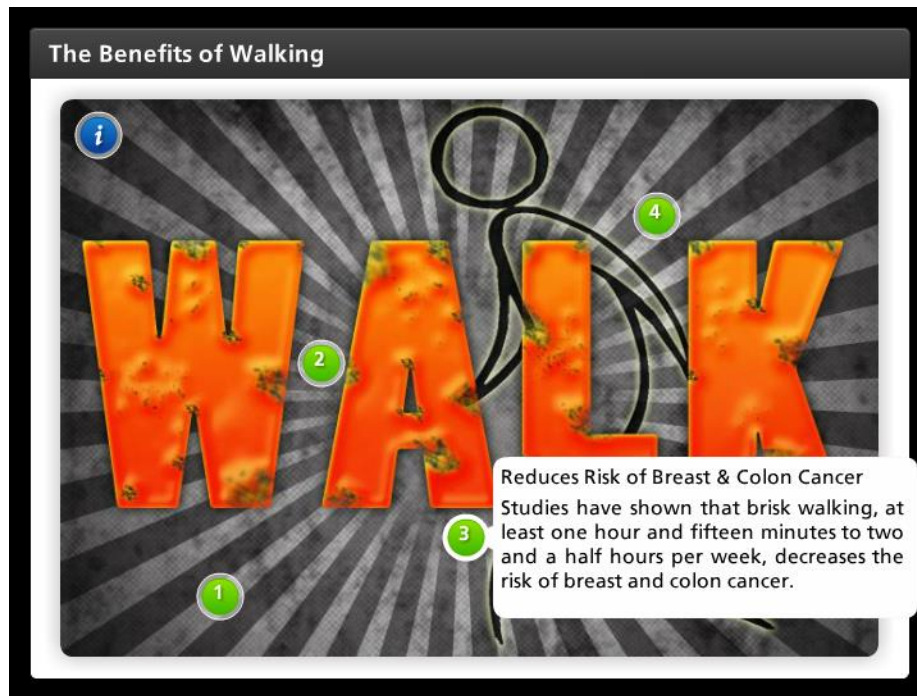


Walking for thirty minutes three to five times per week for twelve weeks reduces symptoms of depression.

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#### Reduces Risk of Breast & Colon Cancer

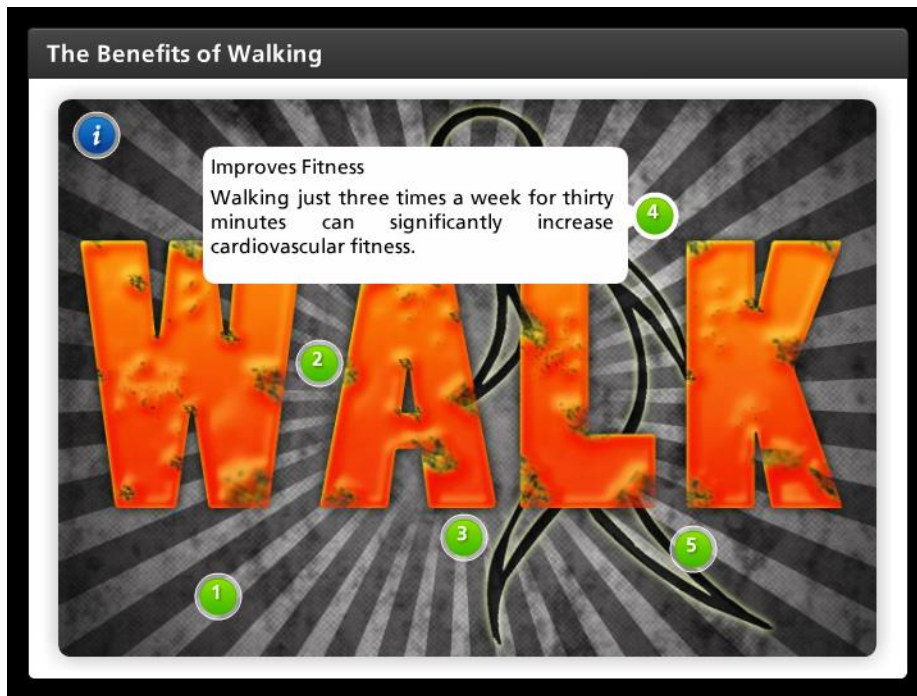


Studies have shown that brisk walking, at least one hour and fifteen minutes to two and a half hours per week, decreases the risk of breast and colon cancer.

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#### Improves Fitness



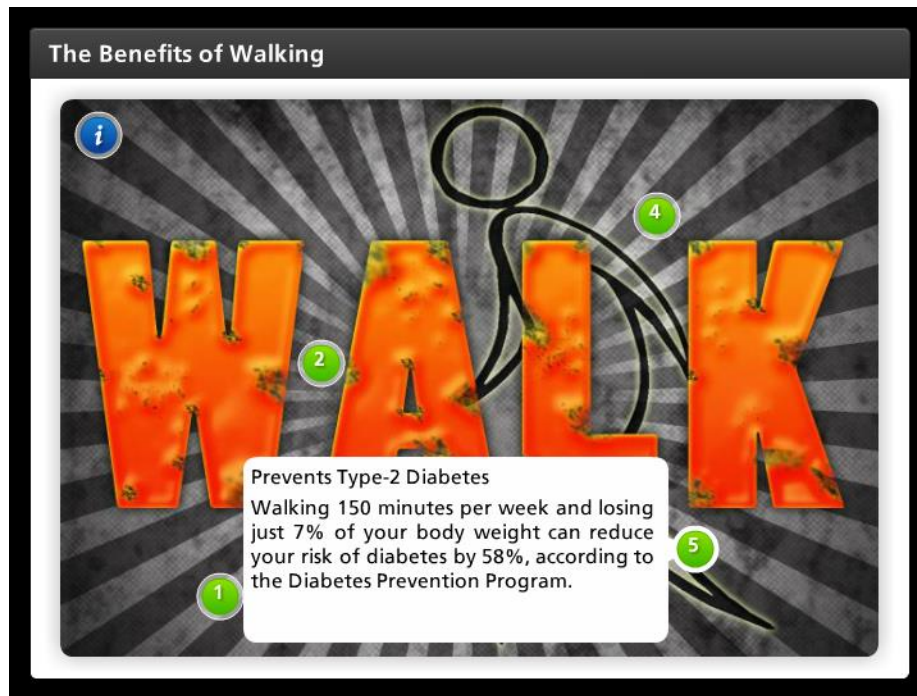
Walking just three times a week for thirty minutes can significantly increase cardiovascular fitness.



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#### Prevents Type-2 Diabetes



Walking 150 minutes per week and losing just 7% of your body weight can reduce your risk of diabetes by 58%, according to the Diabetes Prevention Program.