

# March To Your Own Tune: Walking For Wellness

Want an easy way to reduce stress, boost immunity, tame your sweet tooth, improve heart health and enhance cognitive function? Put on your walking shoes! We're increasingly learning that what we've been doing since we were toddlers is a near-magic pill for wellbeing.

## 1. Walk for cognitive and mental health

A brisk daily walk not only enhances cognition and memory, while contributing to brain regeneration, but it also helps to reduce stress and releases endorphins, for a happier and more balanced mood.

## 2. Walk for a healthier weight

Walking is a powerful tool for boosting your metabolism, burning body fat, developing lean muscle and maintaining a healthy weight. Bonus: studies have shown that just 15 minutes of walking can curb sugary cravings.

## 3. Walk to reduce risk of disease

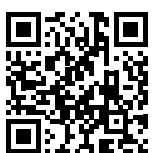
Those who walk are less likely to develop breast cancer, heart disease, stroke, high blood pressure and Type 2 diabetes. Walking can also ease joint pain, and protect you during colds-and-flu season.

## 4. Walk for better decision-making

If you're chewing over a problem or situation, taking some time during your day for an offline walk can give you a clearer perspective.

But before you get up and go, here are a few tips:

- Practise good walking technique: keep your head up and forward, relax your neck and shoulders, activate your abdominals, straighten your back, and roll your feet smoothly from heel to toe.
- Kit yourself out with comfortable clothes, supportive shoes and proper protection against the elements.
- If you'd prefer not to walk alone, join a club or group.



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