

# Walk 10,000 steps every day!



## Walking every day may keep you from getting:

- Diabetes
- Hypertension
- Heart Disease
- Stroke
- Amputation
- Foot Disease
- Complications from Diabetes

## **BIG** Rewards

- + Live Longer
- + Live Healthy
- + Sleep Well
- + Good Blood Circulation
- + Relieve Stress
- + Control Blood Sugar Level
- + Control High Blood Pressure

