



# Walking For Weight Loss

Looking for a way to jump start your weight loss goal?

Walking has proven to be very beneficial to weight loss and has many other health benefits.

Add walking outside of your normal activities and this can help you lose weight and belly fat, as well as provide other excellent health benefits.

Walking one mile burns about 100 calories.

Walking can be a great time for self-reflection.

Walking can be a way to keep in touch with friends, schedule walks where you can catch up and socialize with your friends.

30 min of brisk pace walking every day could be enough to prevent type II diabetes

*(Frontiers in Endocrinology, Tudor-Locke & Schuna, 2012)*