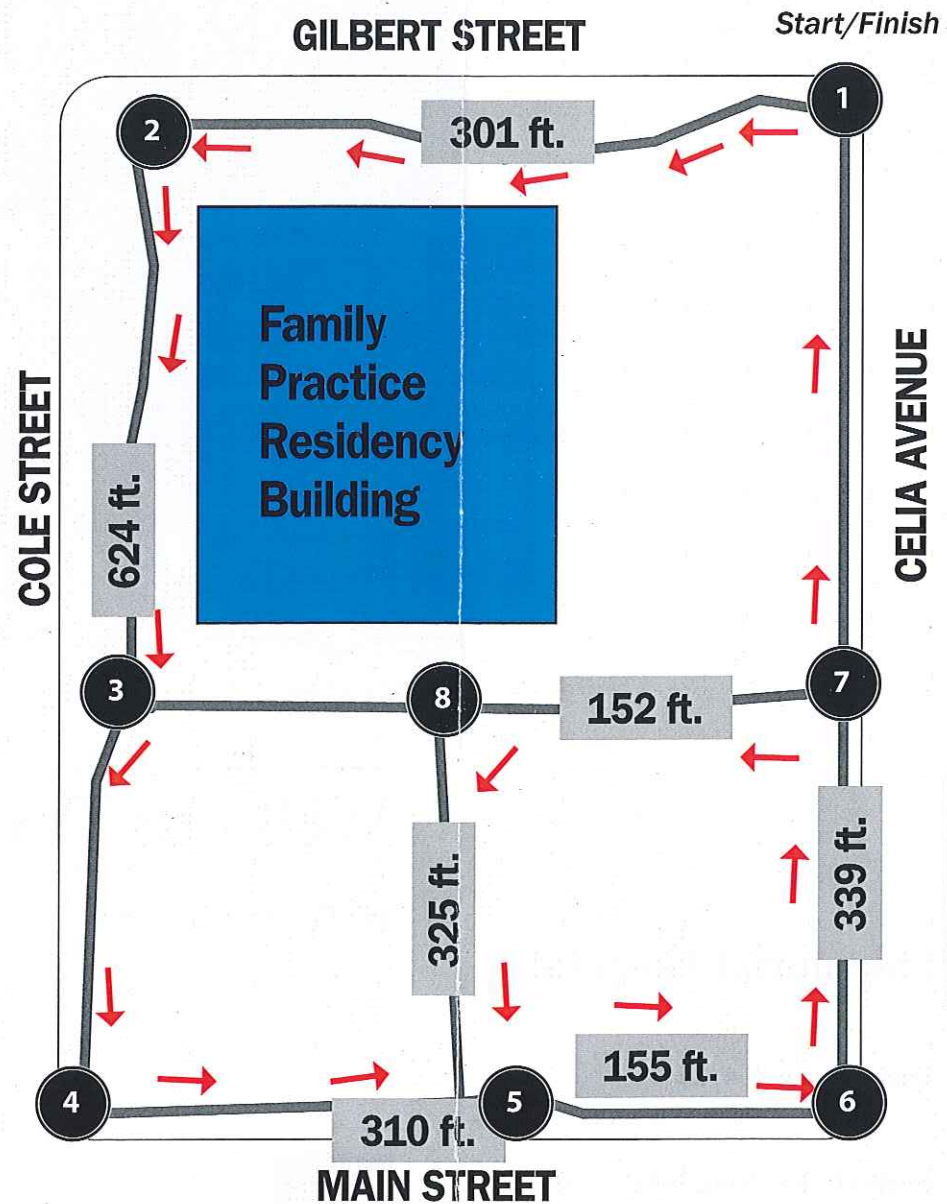


Indiana University Health
Ball Memorial Hospital
Wellness Walking Trail.



Walking Facts.

- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- To burn off one single M&M, you must walk the entire length of a football field.
- Walking is an effective exercise for maintaining bone density and slowing the rate of bone loss.
- According to the American Academy of Orthopedic Surgeons, walking helps you maintain a positive outlook and can make you look and feel younger.
- Walking increases the blood flow to the brain, increasing your thinking skills.
- The Mayo Clinic also has evidence that exercise positively affects the levels of certain mood enhancing neurotransmitters in the brain.
- Exercise also boosts feel-good endorphins, release tension in muscles, help you sleep better and reduce levels of stress.