

55 Plus

## Steppin' Out

## Tuesdays @ 10:30 55 Plus Centre

## **Benefits of Walking:**

- Improves circulation
- Keeps your heart healthy
- Boosts your mood
- Strengthens muscles
- Strengthens bones
- Reduces risk of stroke and heart disease
- Helps manage high cholesterol, diabetes, hyper tension, joint and muscular pain/stiffness

