



SPLASH! Introducing in 2015, the Weekly Splash Series:

by Holly Fairfield
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Living at the Top of Your Game

"Walk With Me!"

Research has proven that, by walking `30 Minutes, a day, considered a moderate physical activity, is highly recommended for Heart & Lung Health, Plus!

Health Highlights of Walking:

- Reduces the risk of coronary heart disease
- Lowers blood pressure
- Improves Lung Capacity, blood oxygenation
- Reduces blood triglycerides
- Improves circulation

- Develops vascular system
- Strengthens lower muscular & skeleton structures
- Tones & Sculpts legs
- Improves overall complexion
- Excellent fitness for weight loss
- Method of maintaining a healthy weight
- Boosts mental clarity
- Enhances mental well-being

Note: Remember to properly hydrate!



Medical Advisory: As always, check with your medical team, before beginning an exercise program or a daily walking regimen!

Walking is a Winner!

Game On!,

Holly Fairfield

Sources: American Heart Association & the American Lung Association

Mayo Clinic

- Related Reading:

Better Housekeeping, "Better Legs" by Lisa Kovavoch Whitmore