

Welcome to our office, have a seat or take a walk



*"Take this opportunity
to walk while you wait"*

- ◆ Helps you achieve your 10,000 steps per day
- ◆ For your health, break up sedentary time, alternate sitting, standing and walking throughout your entire day

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Physical Activity - do it for life!
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Walking . . .

- ✓ Reduces heart disease by 60%
- ✓ Reduces Alzheimer's by 50%
- ✓ Reduces arthritis by 47%
- ✓ Reduces anxiety and depression by 48%
- ✓ Best treatment for fatigue and low back pain
- ✓ Burns extra calories
- ✓ Ramps up your metabolism

Dr. Mike Evans, associate professor of Family Medicine and Public Health at the University of Toronto, May 2014.

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