

# Walk

to Lower  
Your Risk of  
Chronic Disease



Walking is good for your health and can help lower your risk of developing chronic diseases. Take precautions to make sure you are safe while walking outside:

- Always walk on sidewalks (or on the left side of the street facing traffic if there are no sidewalks).
- Be aware of traffic.
- Carry identification and your cellphone in case of emergencies.
- In the evening hours, wear reflective gear and/or carry a flashlight in front of you.

Provided by **Integrity Consulting Group**

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For informational purposes only. Consult a medical professional for medical advice.



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