



## YOUR HEART HEALTH IMPROVES

Walking accelerates your heart rate thereby strengthening your heart and increasing blood circulation through your body, which helps transport more oxygen to your organs. A brisk 30-minute walk each day can lower blood pressure, reduce body fat and blood sugar, and decrease cholesterol levels.

## YOUR KNEES REDUCE THE IMPACT

Your knees absorb the shock produced when your foot strikes the ground. One potential knee problem is caused by foot over-pronation (see left). Another stems from muscle tightness. The knee is an intricate joint and has lots of muscles that run through or into it. The iliotibial (IT) band is a thick strap of tissue that starts at your hip bone and runs to the outer edge of your tibia, passing through the side of your knee. If it's tight, it can pull your knee out of alignment. Use a foam roller on your IT band to reduce any tension. Lying sideways, gently move your outer thigh over the roller until you find the point of soreness – then hold this position for about a minute.