

The Benefits of Walking

90 minutes



Mental Health Improves!

40 minutes



Reduces risk of coronary disease

30 minutes
(after food)



Weight loss begins

15 minutes
(after food)



Blood sugar falls

5-10 minutes



Creativity improves

5 minutes



Mood improves

3 minutes



Reduces blood pressure



Mental Health
North West

providers of: First Aid for Mental Health courses. Wellness Walks & Policy Reviews

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