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1,2 Amanda E. Paluch, PhD, et al., "Steps per Day and All-Cause Mortality in Middle-aged Adults in the Coronary Artery Risk Development in Young Adults Study," JAMA Network Open, 2021.  
3 Harvard Medical School, *Walking for Health*, Harvard Health Publishing.

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Walking for 21 minutes a day can cut your risk of heart disease by 30%. De-stress at work with a lunchtime stroll, or connect with loved ones with a short walk after dinner.

30%

BE CONSISTENT

It can be difficult to remember to take time for your health while at work. Try setting reminders on your phone to get up from your desk, even just for a quick walk around the office.



STAY STRONG

Not hitting the 7,000 mark? People who took just 4,000 steps a day had about a 30% lower risk of mortality compared with those who took only 2,000.<sup>2</sup>

4,000

START SMALL

Know what healthy looks like to you, and find little ways to get ahead of it.

# PREVENTIVE CARE IS A

# WALK

## IN THE PARK

STARTING SMALL IS

STARTING STRONG.



7,000  
STEPS PER DAY

A recent study showed that people taking at least 7,000 steps per day had a 50% to 70% lower risk of death.<sup>1</sup>

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