Exercise can decrease cravings for nicotine
Even short periods of exercise reduce the urge for nicotine.
Regular walking can help you sleep better.
Walking right after meals = more effective weight loss
2000 steps = 1 Mile
15 mins. of walking can help tame a sweet tooth
Walking, the natural antidepressant
Burn 10% more calories by bending, swinging arms
Long walks boost creativity
Walking can protect you during cold and flu season