



Benefits of Walk Texas

Walk Texas helps provide **STRUCTURE** by having a start and an end date to the program, but has **FLEXIBILITY** because you can work out according to your own schedule. This program provides a lot of **MOTIVATION** to become more active and healthier through friendly competition and an opportunity to have **FUN** with family and friends.

Past participants recall how Walk Texas has helped them become more physically active: it helped them feel accountable for their physical activity levels, found a “**sense of encouragement and competition**” to keep them going. This program has been a huge motivator for people to change their habits “**I pushed myself to do more because of [the] program so now I’m used to doing more**”. And found that they were less tired, experienced weight loss, improved mood, and some no longer had to take their medication these are just a few of the benefits from physical activity.

Benefits of Walk Texas

- Increases vitality
- Increases resistance to fatigue
- Strengthens the heart
- **Improves mood**
- Reduces anxiety and depression
- Improves muscle strength and tone
- Burns calories, even up to 24 hours later!
- Helps one to lose weight
- Helps to maintain a proper weight
- Reduces amount of body fat
- **Reduces blood cholesterol**
- **Lowers blood pressure**
- Prevents calcium loss
- Reduces risk of osteoporosis
- Increases social support
- **Reduces risk of heart disease, stroke, diabetes, and some cancers**
- Improves memory
- Reduces blood glucose levels
- Improved body’s use of insulin
- Reduces stress
- Improves circulation
- **Reduces the amount of Rx needed**
- Helps reduce pain and leg cramps