



# Half an hour. Whole lot of health.

All you need is 30 minutes of walking each day. You'll decrease your risk of stroke, reduce your cholesterol and lower your blood pressure. So walk on!

Fitness Basics | Healthy Eating | Nutrition Basics | **Getting Started**  
GETTING FIT | **Walking** | Raising Healthy Kids | Getting Fit  
Healthy Habits | Staying Motivated | HEALTHY COOKING | *Healthy Living For All*