

Take a break. Take a walk.
The path to wellness

60 mins per day
Reduce your breast cancer risk by 14%

45 mins per day
Reduce your risk of colds by 50%

30 mins per day
Reduce your risk of stroke by 30%
Reduce your risk of type 2 diabetes by 40%
Reduce your risk of heart disease by 50%

20 mins per day
Lose 7lb of body fat in a year

5-10 mins per day
Boost your creativity and problem solving
by 60%
Get an endorphin mood boost and break
those negative thought spirals

1 minute per day
Reduce your waist measurement by 4cm

450 mins per week
Add 4.5 years to your life
expectancy

240 mins per week
Reduce your risk of hip
fractures by 43%

180 mins per week
Reduce your lower back
pain symptoms by 40%

90 mins per week
Reduce your prostate
cancer risk by 50%

75 mins per week
Add 2 years to your life
expectancy

30 mins per week
Reduce your symptoms of
depression by 36%

Discuss as part of your Vital Signs Physical Health Assessment.