


15 to 60 minutes of walking a day

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- Reduces the risk of stroke and dementia
 - Prevents high blood pressure and diabetes
 - Increases cardiovascular capacity
 - Boosts the immune system
 - Improves sleep and mood
 - Relieves stress and anxiety
 - Reduces incidence of cancer
 - Decreases obesity



Find a walking
cube in your region
onmarche.com



IN COLLABORATION WITH

 FÉDÉRATION DES MÉDECINS
OMNIPRATICIENS DU QUÉBEC