


# 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](http://onmarche.com)**



IN COLLABORATION WITH

FÉDÉRATION DES MÉDECINS  
OMNIPRATICIENS DU QUÉBEC