

# 15 to 60 minutes of walking a day

■ 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



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cube in your region  
[onmarche.com](http://onmarche.com)

IN COLLABORATION WITH



FÉDÉRATION DES MÉDECINS  
OMNIPRATICIENS DU QUÉBEC