

FUN FACTS ABOUT WALKING

Walk 30+ minutes a day

Every minute of walking can extend your life by 1½ to 2 minutes!

Walking just 30 minutes a day can burn off as much as 5 to 10 pounds of fat per year.

To burn off 1 plain M&M candy, you need to walk the full length of a football field.

Walking is the most popular form of exercise in the U.S.