



Saudi Walking Day

Walking every day, even for 30 minutes, gives the body many benefits, including:

- ✓ Reducing anxiety or depression, improving mood
- ✓ Maintaining joint flexibility and muscle strength.
- ✓ Improving balance and blood flow in the body
- ✓ Burning excess calories.
- ✓ Maintaining a healthy weight and improving physical fitness
- ✓ Preventing chronic diseases, such as: heart disease high blood pressure, and type 2 diabetes
- ✓ Helping reduce the level of harmful cholesterol in the body.
- ✓ Promoting bone health and preventing osteoporosis.

