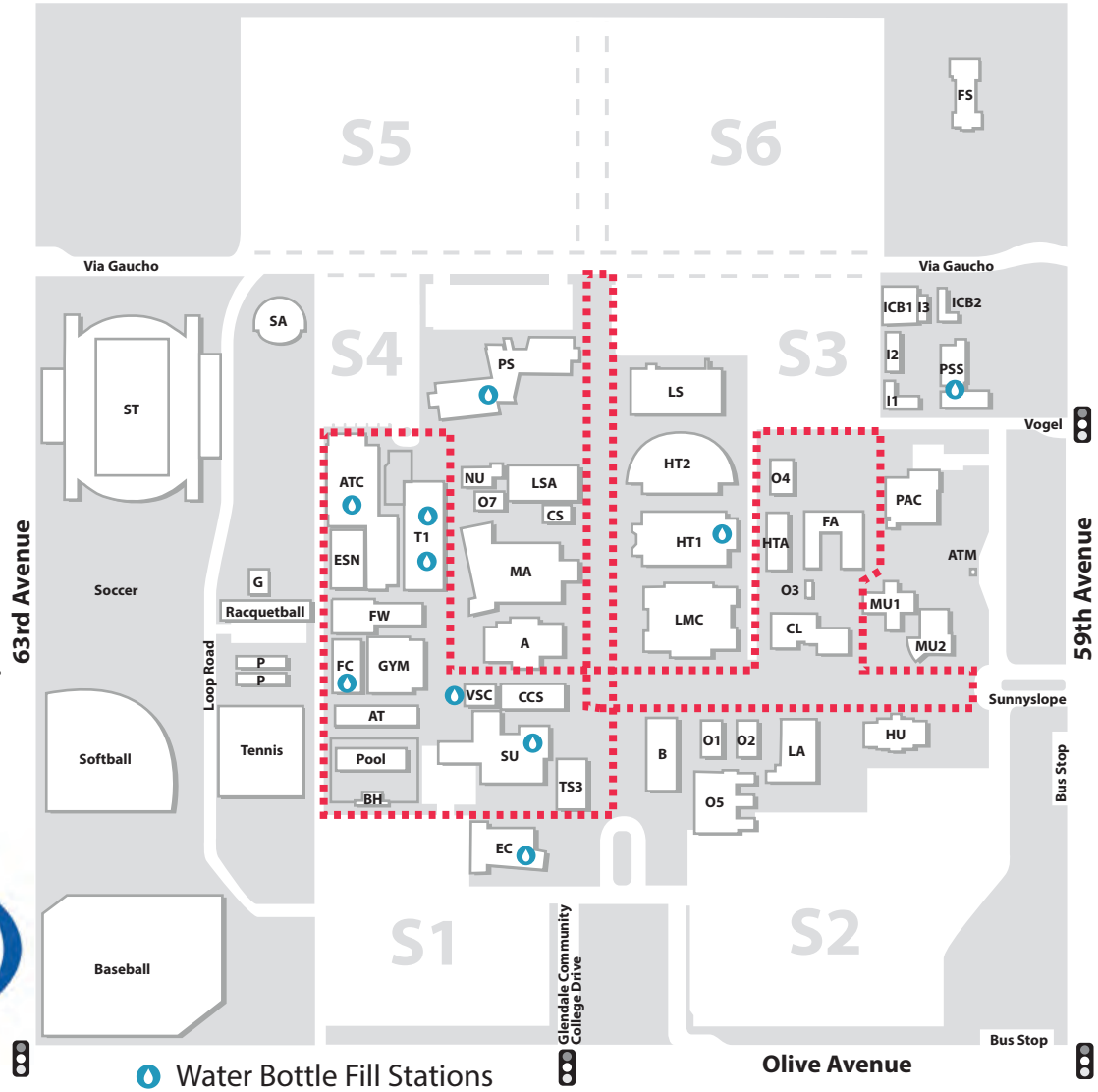
Wellness Maricopa - 2.0 Mile Heart Walk

Gaucho 2.0 Walk

DID YOU know?

- The benefits of walking include: maintain healthy weight, strengthen bones and muscles, improve mood, improve balance and coordination, prevent or manage heart disease, hypertension, and Type 2 diabetes. - *Mayo Clinic*

- Sensible sun exposure on bare skin for 5-10 minutes 2-3 times per week will produce sufficient Vitamin D. Vitamin D regulates calcium absorption and maintenance of phosphorous levels in blood in order to maintain healthy bones. - *Medical News Today*

- Calories burned per mile of walking:
  140lbs - 95 cal/mile
  160lbs - 105 cal/mile
  180lbs - 115 cal/mile
  200lbs - 125 cal/mile
  - *health.harvard.edu*

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