



## A MINUTE OF HEALTH WITH CDC

### *Take a Walk*

*Walking for Transportation or Leisure Among Men and Women – United States, 2005-2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Regular physical activity is important for maintaining good health. Only half of U.S. adults get the recommended amount of physical activity. One activity that's easy and readily available to most people is walking. It benefits the cardiovascular system and strengthens joints and muscles. No special equipment is needed, just comfortable clothes and a good pair of walking shoes. A sedentary lifestyle increases the chances of heart disease, diabetes, and other chronic conditions. Not everyone can run marathons, ride bikes, or lift weights, but walking is simple and inexpensive and can be done almost anywhere.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*