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CONTINUE TAKING STEPS TO A HEALTHIER YOU

Walking is a great way to keep up your exercise. Walking 30 minutes a day can improve blood pressure, decrease stress, and reduce risk of coronary heart disease.

When walking outside during the winter:

- Wear bright clothing and carry a flashlight
- Dress in layers, wear shoes with good traction, and wear a hat to keep you warm
- Keep a bottle of water on hand to stay hydrated
- Wear sunscreen - UV rays reflect off of the snow

Thanks for walking with us. See you in 2015!

MOUNT CARMEL

the YMCA

Columbus Medical Association Foundation

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THE CITY OF COLUMBUS MICHAEL B. COLEMAN, MAYOR
COLUMBUS PUBLIC HEALTH

THE CITY OF COLUMBUS MICHAEL B. COLEMAN, MAYOR
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