

Wellness Maricopa - 1/2 Mile Heart Walk

Gaucha 0.5 Walk

DID YOU **know**?

- According to researchers, 20 minutes of exercise activity can increase brain activity by 20%.
**SPARK: The Revolutionary New Science of Exercise and the Brain by John J. Ratey.*
- There are considerable health benefits to taking a brisk walk every day. Let's get moving! Take a 10 minute break and try the Half Mile Heart Walk.
- Drink water before, during and after exercise! For every pound of weight lost during exercise, replace with two cups of water.

 Water Bottle Fill Stations

