

# Wellness Maricopa - 1 Mile Heart Walk

## Gaucha 1.0 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 15-20 minute break and try the 1 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

