

Why Should I Park

F A R T H E R A W A Y ?



After a long commute it is important to get your body moving. Walking is a great and easy way to incorporate physical activity into your daily routine!

By walking more you can:

- Increase your metabolism
- Reduce symptoms of depression and anxiety
- Lower blood pressure and reduce your risk of a heart attack
- Reduce the risk of some cancers
- Reduce the risk of Type II Diabetes
- Help maintain strong bones

You don't need to make a drastic change. Start off slow by gradually increasing your distance each day or week.

Don't Drive to Work? No Problem!



You can still increase your daily steps and get healthier! Try to avoid shortcuts and take the longer route to your destination.

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