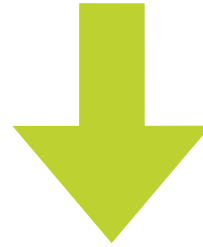


A GM Daily Mile can help to....



Reduce risk of heart disease



Reduce risk of type 2 diabetes



Manage weight by burning calories



Release feel-good hormones



Manage stress



Reduce risk of becoming depressed



Increase relaxation & improve sleep



Increase energy levels



Boost concentration

(ref BHF / Mind / Walking for Health)