

# 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**



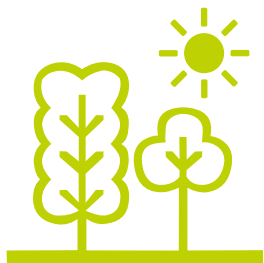
**Increase relaxation & improve sleep**



**Increase energy levels**



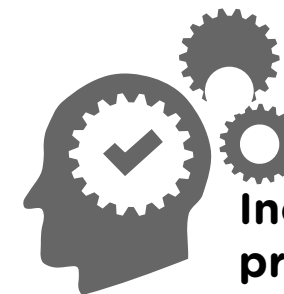
**Boost concentration**



**Create time & space away from work**



**Connect with colleagues away from work spaces**



**Increase productivity**

(ref BHF / Mind / Walking for Health)