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*Walking: Trim your waistline, improve your health - Mayo Clinic*

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**5 surprising benefits of walking - Harvard Health**

*NIHD | How Daily Walking Supports Whole-Body Health*

[Walking guide: Walking plans and tips to improve health | TODAY](#)

*Walking - American Heart Association*

*Benefits of Walking: Exercise, Calories, Weight Loss Tips*

**Walking 101 - Penn State Extension**

*Walking Workouts: Benefits, Intensity, and More - WebMD*

**Benefits of Walking - Cleveland Clinic Health Essentials**

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