

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

BENEFITS OF WALKING FOR KNEE HEALTH

A low-impact way for people of all ages to maintain and improve their knee health over the course of a lifetime, walking has multiple benefits:

- Keeps the knee joints well-lubricated and properly functioning
- Provides protection to the knee cartilage, muscles, and ligaments
- Promotes adequate blood flow to tissues surrounding the knee
- Strengthens muscles that support the ideal function of the knee
- Weight-loss potential (when necessary) for knee strain reduction due to excess weight
- Helps maintain proper balance to avoid falls that can damage the knees



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