

Start Walking

Benefits of Walking

Every minute of walking can extend your life by 1½ to 2 minutes! Other benefits include:

- more energy
- look better
- feel relaxed
- lose weight
- relieve stress
- and more

Walking Posters

Oahu Fun Fitness Maps

Getting Started

Need helpful hints on how to start walking?

- Getting Started
- Safety First
- Finding a location that works for you
- 30 Ways to Get 30+ Minutes

Step It Up Hawaii Media Campaign View the tv ads, mall ads and posters used to encourage adults to walk at least 30 minutes on five days a week.

Walking Programs

People walk and make friends and get healthy. Here are ways to make active living part of your life.

- Worksite Programs
- Faith-based Programs
- Community Programs