

WALKING

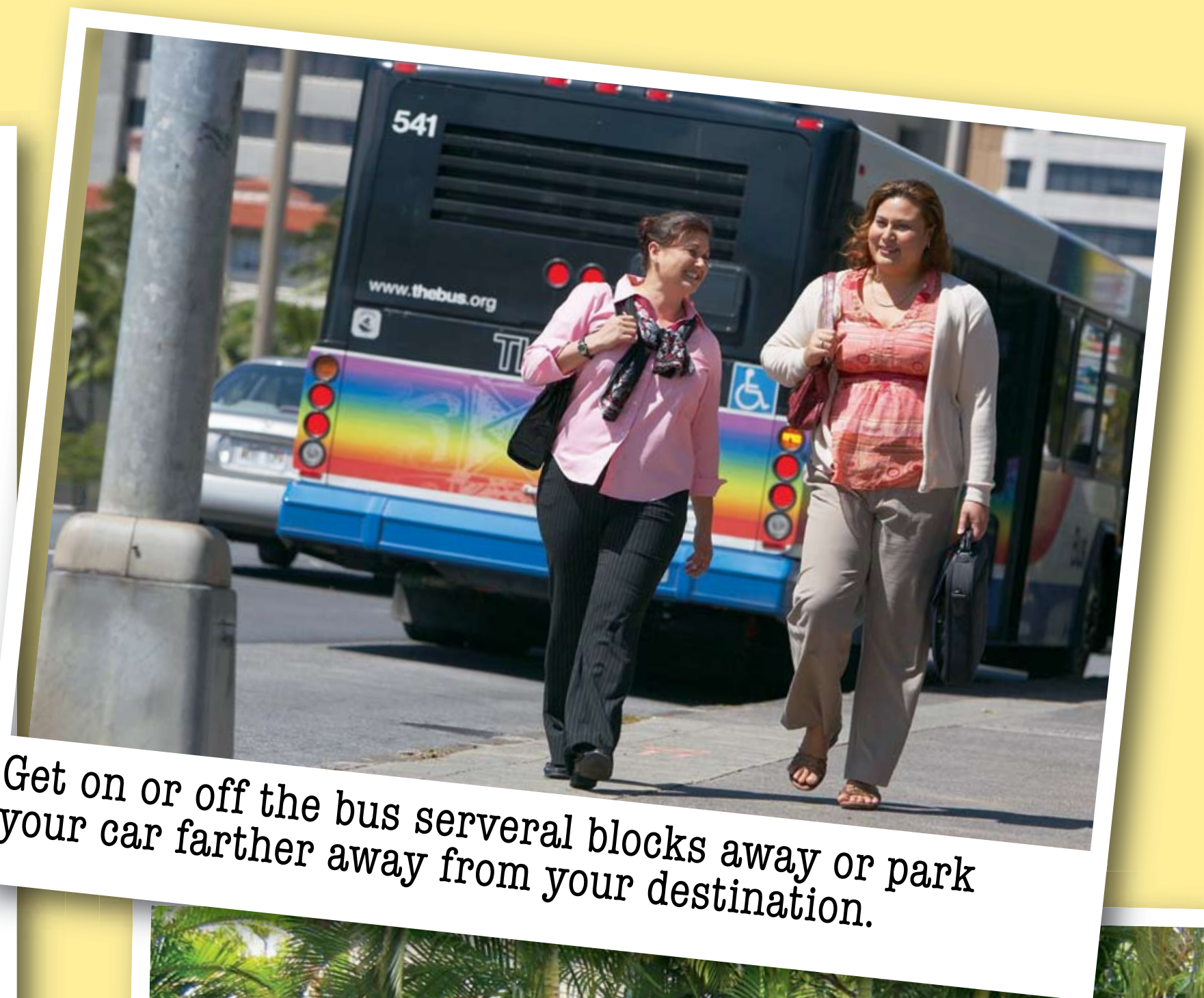
Easy steps to getting 30+ minutes a day



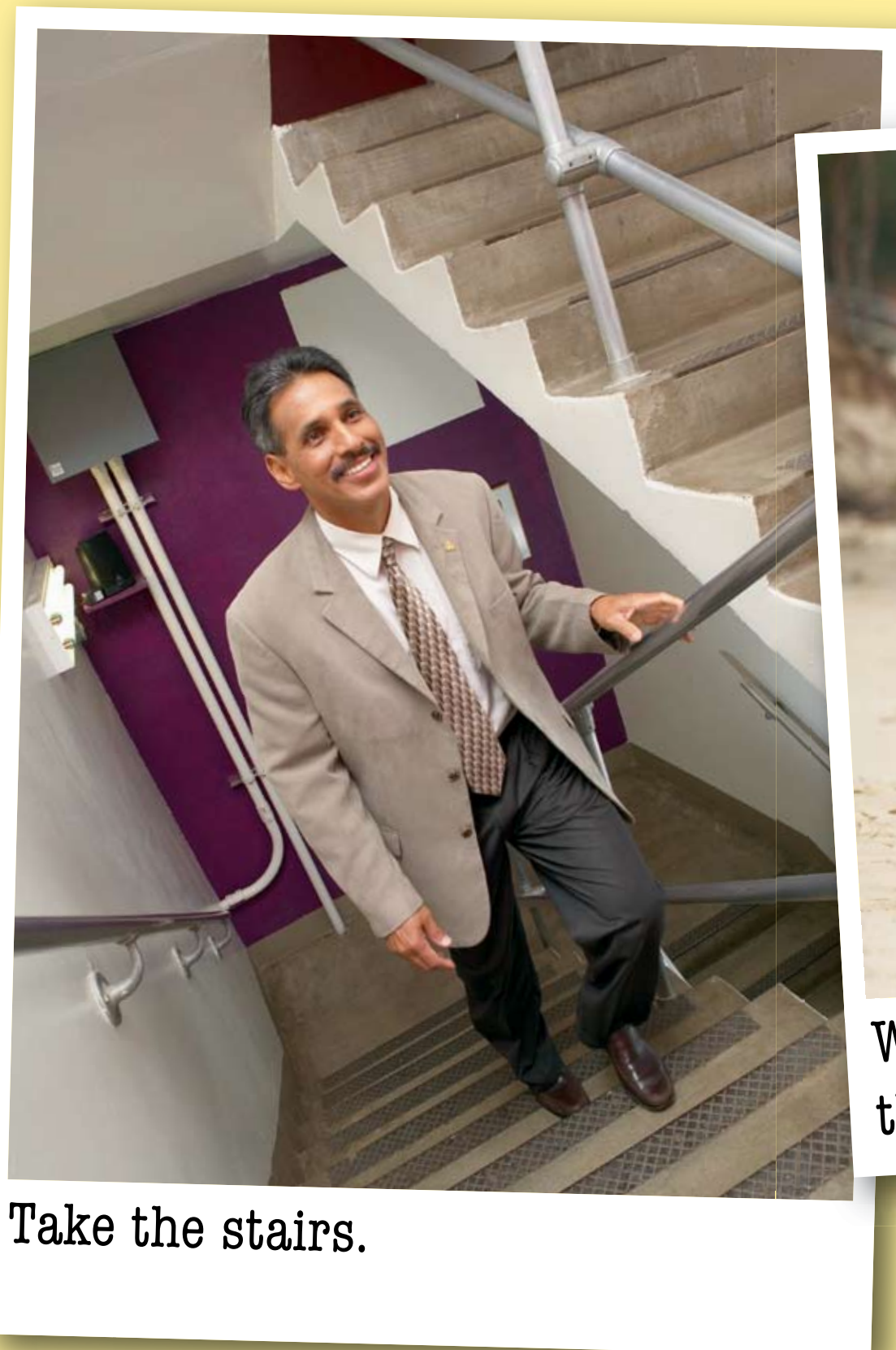
Walk 10 minutes three times per day.



Take 10 – a walking break, instead of a coffee break.



Get on or off the bus several blocks away or park your car farther away from your destination.



Take the stairs.



Walk in a swimming pool or on the beach. It's easier on the joints.



Call a friend to walk. When you set up an appointment, you are more likely to follow through.

Walking will make you look and feel better. Walking actually gives you energy. Notice how much better you feel at the end of a walk.



Walk the dog. Rover is a walking machine with hair.

