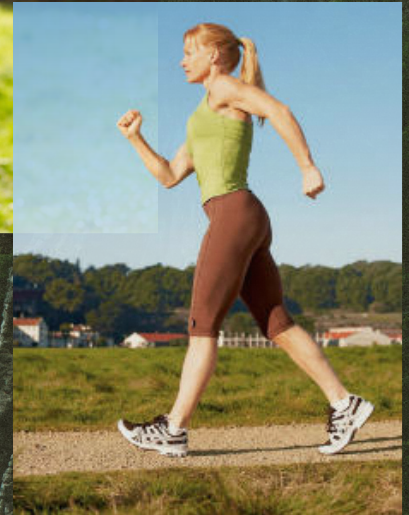


WALK

WHY WALK?

- Regular walking burns calories, which, when paired with a healthy diet, can help you manage your weight.
- More than half of the body's muscles are designed for walking, which makes it a very natural movement for people of all ages.
- Brisk walking can make your heart, lungs, and muscles stronger.
- Walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
- Walking can be a great time to share and socialize with friends and family.



GETTING STARTED

A little walking everyday is better than an occasional burst of activity. If you don't currently walk regularly, begin by starting with short, 10-minute walks and build up from there. Be sure to warm up your body before a walk with some simple stretches.

Remember safety is important. Choose routes that are interesting, safe, and convenient. Avoid heavy traffic, loose dogs, and rough or uneven ground. Remember hills are more difficult. You may want to start out on flat ground and progress to hills later. Be sure to tell someone where you are going, and bring a cell phone if you can.

Prepare for the weather. Make sure to wear clothes that are breathable and appropriate for the temperature. Don't underestimate the importance of a good pair of sneakers!