

Walking Works Wonders

Want to lose fat, get fit and have more energy? Want to improve your blood pressure, blood sugar, blood cholesterol and reduce your risk of disease? Amazingly, you can get all these benefits (and many more) from just putting one foot in front of the other!

1. **WALK regularly**

The key to fitness is consistency. Start by picking a walk (or several small walks) that fits into your schedule - a walk to work, a walk to school, a walk at lunch or a walk around the block. Make your walk a top priority - and aim for walking at least five days a week.

2. **WALK 10,000 steps a day**

Research shows that walking 10,000 steps a day is all it takes to reduce stress, improve health and reduce the risk of disease. With an inexpensive pedometer, it's fun (and easy) to see how quickly your steps add up from simple changes like taking the stairs.

3. **WALK for transportation**

Using your legs instead of a car is one of the most efficient ways to fit fitness into your day. Try walking to the grocery store, the post office or the restaurant. If walking all the way takes too long, park in a central location - then walk back and forth to your car.

4. **WALK for fun**

Walking + friends or kids or dog = FUN! A daily walk can do double duty - as a daily dose of companionship with friends, a time to connect with family or a way to keep your pets strong and healthy. It can also be a relaxing solo time to think or listen to music.

5. **WALK outside**

In almost any weather, walking outside is possible with the right clothes and shoes. Look for safe sidewalks, country roads and parks. Athletic fields are also fun to walk around. The ground is usually smooth - and watching a practice or game makes the time fly by.

6. **WALK inside**

Remember, every steps counts - every step around the house, around the office or around the mall. You can walk around the house during TV commercials, walk around the office during break time and walk around the mall before or after a shopping trip.

