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Go the Extra Mile

? Did you know? A moderate workout for longer periods of time provides more health benefits than exercising intensely for a few minutes.

Lose Weight Walking

Walking is an easy way to manage your weight. For weight loss, accumulate 60 minutes of moderate activity most days of the week. You can reach this goal with several 10-minute walks each day.

- >> Adopt a family ritual of after-dinner walks.
- >> Walk while talking on the phone.
- >> Combine a meeting with a walk.
- >> Start a lunch-break walking group with coworkers.

Tip: To lose 1 pound a week, drop 500 calories a day this way: Consume 250 fewer calories and also burn 250 calories from additional walking (about 2.5 miles, or 5,000 steps).



healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"NOTHING GREAT WAS EVER ACHIEVED WITHOUT ENTHUSIASM."
RALPH WALDO EMERSON, AUTHOR