

I WILL

Walk for Me, My Way

? **Did you know?** Walking is the No. 1 choice for National Weight Control Registry participants, who have maintained at least a 30-pound weight loss for 5-plus years. They choose walking because it's easy and it works.

Walking: The Easiest Exercise

Are you a beginning walker? No need to rush – enjoy your own pace. Start with 10- to 15-minute walks three or four days a week. Then add a few minutes each week. Your goal – focus on walking farther at a comfortable pace instead of increasing your speed. Exercise is a lifetime practice. View it that way and you will keep coming back to it.

Suggested goal: Gradually work up to a 40-minute walk by the ninth week of your walking routine.



healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"EXERCISE SHOULD BE REGARDED AS A TRIBUTE TO THE HEART."
GENE TUNNEY, PROFESSIONAL BOXER