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Walk in Good Company

? **Did you know?** Fitness experts say having an exercise buddy keeps you focused on goals and makes the routine feel less like work.

Buddy-Up for Fun

Togetherness makes exercising more fun. Walking with a companion adds good conversation, friendship and that extra push to keep you moving. You can also encourage each other with weight control, stress management and other healthy goals. Positive reinforcement is helpful when striving for success – and the best part of having an exercise buddy.

Tip: Choose a partner who shares your interests and has a similar fitness level – you don't want to slow each other down or push too hard.



healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"IT'S ALWAYS TOO SOON TO QUIT."
NORMAN VINCENT PEALE, AUTHOR