

13 reasons why walking works

1. Safest exercise on earth
2. Simple exercise for people who haven't been exercising
3. Families can walk together
4. Social interaction is possible (walk and talk)
5. Sparks creativity (take along a notebook and pen or a camera)
6. Improves endurance
7. Ideal for weight loss
8. Strengthens bones
9. Tones legs
10. Perfect for exploring
11. Reduces stress
12. Very inexpensive (no special equipment required, just shoes)
13. Can be done anytime, anywhere, and for life! Your life!

From Walk the Four Seasons by walking guru Robert Sweetgall, Creative Walking, Inc., www.creativewalking.com, who has walked across the USA 7 times.

