

WALKING!

You Know It's Good for You!!

Walking is as simple as it gets for exercise. All you need is a good, supportive pair of walking shoes.

"Just a few extra steps each day is a simple and easy way to take an active role in maintaining a significantly healthier life," says Timothy Gardner, MD, past president of the American Heart Association.

If you're not active now, "start walking three times a week at a stroll for 20 minutes," says Courtenay Schurman, author of *The Outdoor Athlete*. Work your way up to five or so times a week, 30 minutes per session, for a total of 2.5 to 3 hours per week.

TIPS:

1. Keep a walking journal. Whether you journal online or with pen and paper, it's motivating to see your progress.
2. Get a walking partner. "A walking buddy provides accountability," Valentour says. "Neither wants to let the other person down."
3. Put a note to yourself on your refrigerator reminding yourself to WALK!
4. Take a piece of paper and write down the dates and days of the week. Keep that on your refrigerator too and check off each day that you walk. Maybe give yourself a gold star for each day you walk!