

The Benefits of Walking

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of comfortable shoes.

Walking will:

- * *Give you more energy*
- * *Make you feel good*
- * *Help you to relax*
- * *Reduce stress*
- * *Help you sleep better*
- * *Tone your muscles*
- * *Help control your appetite*
- * *Increase the number of calories your body uses*

Safety Tips

Keep safety in mind when you plan your route and the time of your walk.

- * Walk in the daytime or at night in well-lighted areas.
- * Walk in a group at all times.
- * Notify your local police station of your group's walking time and route.
- * Do not wear jewelry.
- * Do not wear headphones.
- * Be aware of your surroundings.