

I WALK MORE

I love how walking helps my body and mind.

I grow fitter with each step I take. Walking helps me lose weight and shape up. I burn calories and trim my waist. I condition my heart and strengthen my bones. I reduce my risk for diabetes and other serious conditions.

Walking boosts my mood. I connect with nature and meet my neighbors. I dissolve stress and think through conflicts. I feel energized and alert.

Walking sharpens my thinking. I discover answers to questions that have been on my mind. I dream up projects that I want to tackle. I examine my values and explore my options, so I can make sounder decisions. I suddenly see solutions to issues that have been weighing me down.

I find many opportunities to fit more steps into my day. I wake up early and squeeze in a stroll around the block before I leave for the office. I use my lunch hour to run errands on foot or do a few laps around the parking lot.

I invite a friend. Walking is more fun when I have company.

I go exploring. I venture to new places when I am on vacation or at home. I see more sights and find exciting restaurants and shops.

Today, I develop strategies for covering more distance. I take pleasure in walking and the benefits of being mobile.

REFLECTION QUESTIONS

1

How can I incorporate more walking into my daily routine?

2

What are the physical and mental benefits of regular walking?

3

How can exploring new places while walking add excitement and variety to my exercise routine?