

## **I Walk Because....**

- Life is not a race.
- One step at a time, I'm on my way to better health.
- With each step, I leave (S T R E s S) my worries behind.
- It makes my heart stronger.
- It's 100 percent fat free.
- It reduces my risk of cancer and helps prevent/control diabetes.
- I don't need fancy equipment.
- The world is my gym.
- I'm preventing osteoporosis.
- It's the best health insurance.
- I can walk with my friends or by myself.
- No prescriptions are required.
- Perspiration leads to inspiration.
- I'm getting stronger every day.
- I can watch the seasons change.
- These feet were made for walking
- I can walk as long or as short as I like.
- It's a great way to meet people.
- I can check my neighbor's garden.
- There are no membership dues.
- There are no traffic jams, parking meters or speed limits.
- I'm saving money on gas.
- I feel better about myself.
- Every step is a new adventure.

### **Why Walk?**

On average, physically active people outlive inactive people, even if they start exercising late in life. Walking may protect you from heart disease and helps prevent diabetes, hypertension, osteoporosis, and depression.

In addition, walking is gentle on your back and easy on your knees.