

Get Out and Walk

Walking **30 minutes a day** can help you...



Connect
with family, friends and neighbors



depression
heart disease
osteoporosis
obesity



Save Money
on travel
and doctors' visits



Boost Your Mind
and feel good about yourself

Stay Healthy
and reduce your risk of
many conditions



Help the Planet
by reducing air pollution

Get walking every day with these tips:



10 Minutes + 10 Minutes + 10 Minutes = 30 Minutes

Start Slow
Just 10 minutes at a time
is a great way to get started!



Make a Plan
Put walking on your calendar
to make sure you have time to walk.



Walk Fast
Fast enough that you cannot sing,
but are able to talk.



Find a Buddy
Walk with a partner to help you stick to
your walking plan and connect with others.



Walk Instead of Drive
Find a safe route to walk to work, school, the
store or other places you normally would drive.



Change Your Scenery
Walk in a park or trail you've never visited.
Discover new places and have fun!

Your local park is a great place
to walk everyday.