

Get Out and Walk

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



Connect
with family, friends and neighbors



Stay Healthy
and reduce your risk of many conditions



Save Money
on travel and doctors' visits



Boost Your Mind
and feel good about yourself



Help the Planet
by reducing air pollution

Get walking every day with these tips:



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.



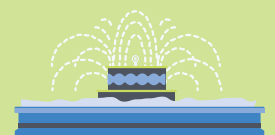
Find a Buddy

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.



www.nrpa.org/Walking

