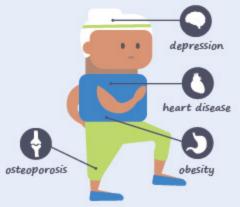
Get Out and Walk

Walking 30 minutes a day can help you...









Stay Healthy
and reduce your risk of
many conditions



Boost Your Mind and feel good about yourself

Get walking every day with these tips:



Start Slow

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



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



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



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.

STOUGHTON





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