

# 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](http://www.nrpa.org/Walking)

