

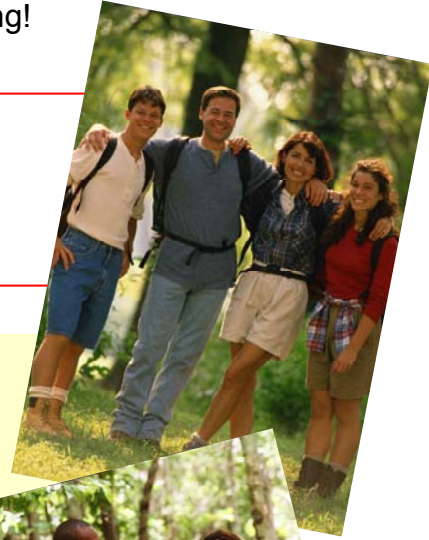
# Walk This Way

You don't have to be a marathon runner or an Olympic athlete to achieve optimal health. Just follow these steps and start walking!

1

## Walk the walk.

Simple walking is enough to get you started on the road to health. Try to walk 3 to 5 times a week for at least ½ an hour.



2

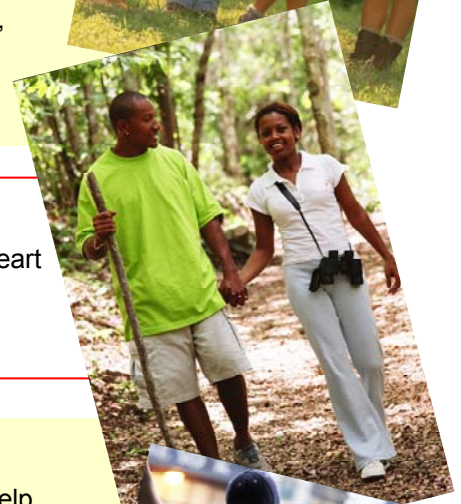
## Master the stairs.

Add stairs to your walk to bump up your heart rate and tone your muscles. You can do this anywhere—at home, office, or public buildings and parks.

3

## Head for the hills.

Another great way to add intensity for increasing your heart rate and building your muscles is to walk up some hills.



4

## Take some company.

Round up the family or a friend (or portable music!) to help you stick to your routine, enforce healthy habits, and enjoy yourself!

5

## Stretch.

Remember to stretch for 5 minutes before and after exercise to lengthen muscle fibers, strengthen tendons and ligaments, and prevent injury.

