

# Take a Walk

Walking is a form of exercise that Lola and I enjoy together. We are not joggers, although we tried that years ago and found it to be a beneficial practice.

Our goal is to walk three miles a day, but that may vary from week to week, depending on work schedules and travel. For healthy living, walking has always been considered a low-impact, simple activity most people can participate in. It is an easy way to become more active.

For those of you – and that is most of you – with heavy family and occupational demands, here are a few ways to walk more throughout the day:



- Take the stairs instead of the escalator or elevator at the shopping mall.
- Avoid the drive-through window at the bank or restaurant. Park and walk in.
- Park further away from the entrance or exit of wherever you go in an effort to take more steps.
- Walk to the neighborhood grocery store, post office or library.
- Deliver messages in person whenever possible. You've heard the poster message: *We have voice mail and email. Whatever happened to face mail?*
- At the airport, walk from one concourse to another instead of taking the bus or train.
- Take the opportunity to walk through the neighborhood. It might even help you get to know your neighbors!

And count those steps! Be a part of Life Care's wellness program.

– Beecher Hunter