



4 TIPS FOR lunchtime walking

Sometimes lunchtime is the only time you have to exercise. That's OK! Walking at lunch can boost your health. Here's how to succeed:

1. Keep walking shoes and clothes at work. Then you don't have to remember them each day.
2. Ask others to go with you. Having a friend can make walking more fun.
3. Put it in your calendar. If it's scheduled, you may be more likely to do it.
4. Pack a lunch each day. Have healthy food ready to eat when you're done.

Source: American Heart Association