

Take that first step

Walking is one of the most beneficial, and safest, exercises you can do. That makes walking a great way to start if you're just beginning an exercise routine. It's also ideal for weight loss. And, it's a great way to exercise with friends! Set a target for the number of steps you want to walk each day or week. Over time, you can increase the number of steps, or the intensity, by walking faster or including hills. Aim for at least 150 minutes of exercise each week.

Be More Earth-Friendly

Motor vehicles are responsible for significant amounts of greenhouse gas emissions in the U.S. Choose to walk rather than drive to help reduce air pollution and greenhouse gases.

