

Wholesale Priced Pedometers

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Walking Tips for Good Health

1. Spend some time walking each day doing this simple exercise. It is the most natural of all movements. Most parts of your body will benefit from it.
2. There is no expensive equipment or clothes required.
3. Walking will benefit beginners, as well as those who are advanced fitness participants. It is for *everybody*.
4. Walking is for any age and it is a lifetime activity.
5. Vary your walking routine. Keep it interesting.
6. You burn calories as you would from any other exercise program.
7. You can tone your waistline, buttocks and thighs by walking.
8. When walking, be posture aware. Keep the body erect (think tall), the back straight and stomach in.
9. It has minimal injury risk and is very low impact.
10. Use your walking time to clear the mind.
Physical and mental dissociation from work and / or home.