

Download Walking Your Way To A Better Life

Walk Your Way to a Better Life. The landmark report is based on definitive medical evidence that moderate physical exercise boosts your health and cuts your chances of diabetes, dementia, depression, colon cancer, cardiovascular disease, anxiety and high blood pressure by 40 percent or more. Walk Your Way to a Better Life

1. Find your natural rhythm. Figure out the best times to walk for your schedule. 2. Seize the opportunity whenever you can. Take the stairs instead of an elevator. 3. Start small. The CDC's recommended minimum—30 minutes a day—is a good beginning. 4. Track your ... Walking Your Way to a Better Life [Kimiko] on Amazon.com. *FREE* shipping on qualifying offers. Author KIMIKO was a fulltime housewife and mother of two children who at the age of 36 discovered the mental and physical benefits of walking properly. Walking Your Way to a Better Life. Author KIMIKO was a fulltime housewife and mother of two children who at the age of 36 discovered the mental and physical benefits of walking properly. Born and raised in Okayama--a prefecture west of Osaka--she attended an all-girls high school and was later hired by the Tokyo office of a cosmetics company.