Important Things to Remember

Start Low & Go Slow - If you aren't used to walking for exercise, start with 5 or 10 minute walks on a daily basis and gradually add 5 minutes every week until you are walking at least 30 minutes.

Buddy Up - Schedule your walk with someone, just like you would any other appointment during the day.

Enjoy it! - It is one of the few things that you are doing just for you!