

- 79. It's a great way to escape people.
- 80. My neighbors wave hello.
- 81. **I can check out my neighbors' gardens.**



- 82. I can stop and smell the roses.
- 83. The phone doesn't ring (if you leave it at home)!
- 84. There's no TV.
- 85. I'm proud to be a biped.



- 86. **There are no membership dues.**
- 87. I can walk instead of drive.
- 88. **There are no traffic jams, parking meters or speed limits.**

- 89. My feet take me where cars can't go.



- 90. I'm my own all-terrain vehicle.
- 91. It's a reliable form of transportation.
- 92. It's good for the environment.
- 93. It helps slow global warming.
- 94. **I'm saving money on gas.**
- 95. It helps me stay trim.
- 96. I'm walking my way to thin.
- 97. It's good for my mood.

- 98. **I feel better about myself.**



- 99. Step by step, I'm changing my world.
- 100. I'm taking charge of my health.
- 101. **Every step is a new adventure.**

## Why walk?

On average, physically active people outlive inactive people, even if they start exercising late in life. Walking may protect you from heart disease and helps prevent diabetes, hypertension, osteoporosis and depression. In addition, walking is gentle on your back and easy on your knees. Look inside for more good reasons to get those feet moving.

**Happy walking.**

Designed by Eva Bernstein. Illustrated by John McKinley.  
Special thanks to all of our reviewers.

2015 Revised and updated.

©2003 Journeyworks Publishing. All rights reserved.  
Please do not duplicate. Printed on recycled paper.

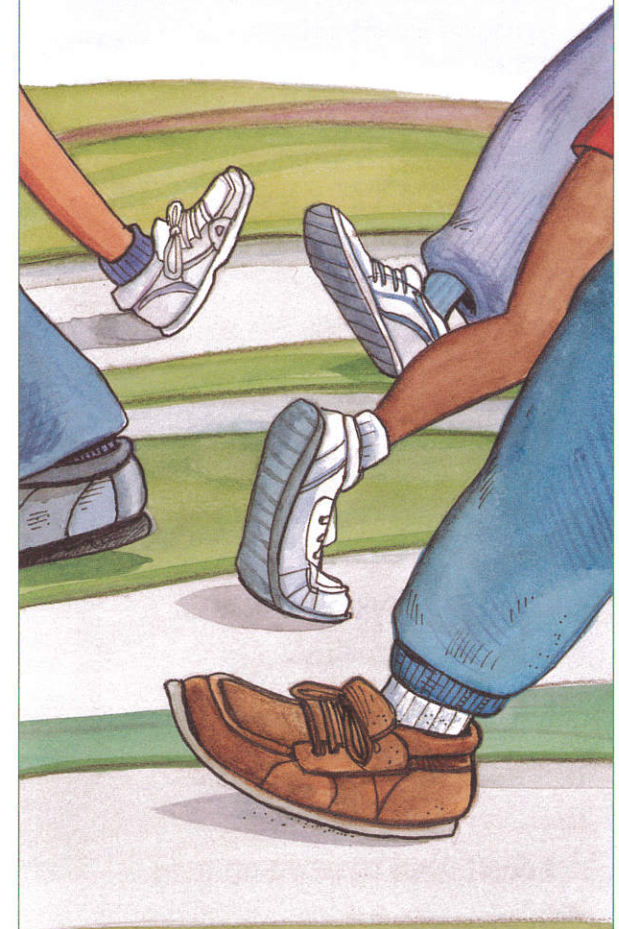
English Title #5022 (Rev. 7/15) ISBN 978-1-56885-022-1  
Spanish Title #5389 ISBN 978-1-56885-389-5

For ordering information contact:

**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 [www.journeyworks.com](http://www.journeyworks.com)

ONE STEP AT A TIME

# I Walk Because...



IMPROVING YOUR HEALTH



# I Walk Because...

1. **Life is not a race.**

2. It keeps me on my toes.

3. My energy soars.

4. I'd rather count miles than calories.

5. **One step at a time, I'm on my way to better health.**

6. It's a stress buster.

7. **With each step, I leave my worries behind.**

8. It improves my balance.

9. It improves my circulation.

10. It lowers my blood pressure.

11. **It makes my heart stronger.**

12. It's low impact  
(for happier knees).

13. It's fun.

14. It's cheap.

15. **It's 100 percent fat free.**

16. It lowers my bad cholesterol.

17. It raises my good cholesterol.

18. **It reduces my risk of cancer.**

19. It helps prevent and control diabetes.

20. It improves my memory.

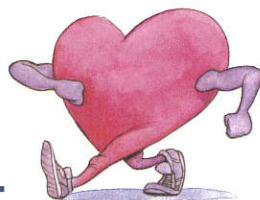
21. It improves my appearance.

22. I don't need lessons.

23. **I don't need fancy equipment.**

24. I can "work out" on my own schedule.

25. I don't have to wait in line for the Stairmaster.



26. **The world is my gym.**

27. I need only a pair of shoes.

28. I'm building stronger bones.

29. **I'm preventing osteoporosis.**

30. It helps me sleep better.

31. It helps me fall asleep faster.

32. I feel more rested.

33. Hippocrates called walking  
"man's best medicine."

34. It lowers my doctor's bill.

35. **It's the best health insurance.**

36. It's safe.

37. It's easy.

38. **I can walk with my friends.**

39. I can walk with my family.

40. I can walk by myself.

41. My dog loves me for it.

42. I can do it all year.

43. I can walk in the city.

44. I can walk in the woods.

45. **No prescriptions are required.**

46. No one keeps score.

47. I can leave my footprints on the world.

48. My doctor smiles at my chart.

49. I smile at the mirror.

50. It gives my skin a healthy glow.

51. **Perspiration leads to inspiration.**

52. I can think while I walk.



53. The sidewalk beckons.

54. The trail calls.

55. The "road not taken" is mine.

56. The only map is in my mind.

57. **It keeps my joints loose.**

58. It builds my muscles.

59. It builds my confidence.

60. **I'm getting stronger every day.**

61. I can feel my muscles flexing.

62. I can feel my muscles stretching.

63. Every step brings me closer to my destination.

64. I can experience my surroundings.

65. **I can watch the seasons change.**

66. I can feel the wind on my face.

67. I can hear the birds sing.

68. I want to see what is around the corner.

69. **These feet were made for walking.**

70. I don't need a helmet, kneepads or goggles.

71. I don't have to be coordinated.

72. I can do it at my own pace.

73. I can hum my favorite songs.

74. **I can walk as long –  
or as short – as I like.**

75. I can walk rain or shine.

76. It's available anytime, anyplace.

77. I can watch the sunrise – or sunset.

78. **It's a great way to meet people.**

