

### Walking as a way of life—October is International Walk to School Month



I have to say that I took part of the above title from an AARP bulletin on the benefits of walking for an older person's health. However, with over 20 years of research studies with numerous programs involving walking as the main fitness activity for people of all age groups, that title applies to the young and the old.

With the International Walk to School month approaching, what a great time to join a youngster on their way to school, walk to work or walk while you do errands.

With the basic walking prescription from health professionals of 30 minutes, five days a week, the body is made to function more efficiently by improving the heart's ability to deliver oxygen to the working muscles, thus lowering the resting heart rate. If the body is able to work more effectively, then there is a decrease in the chances for disease.

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