

I walk more

I walk more.

I believe in the benefits of an active life. I exercise regularly and incorporate more movement into my daily routines. Walking more is a simple commitment I make to myself.

I stay fit. Walking helps me build up my muscles and bones. I condition my heart. I enhance my balance and coordination.

I connect with nature. I enjoy the scent of flowers and the song of birds. I admire the beauty of old trees and running streams.

I spend time with family and friends. I invite others to join me so we can share the benefits of walking and find more time to talk.

I clear my mind. **Walking helps me to deal with stress.** I take a break in between conference calls and appointments. I weigh the advantages and disadvantages before making major decisions.

I lift my spirits. Walking makes me feel happy and grateful. I thank my body for the many miles that it has carried me

throughout my life.

I appreciate walking because it is an exercise I can do for free anytime and anywhere.

I go for a walk in the morning to wake up and prepare for the day ahead. I leave the office for a while at lunchtime to breathe fresh air and energize myself for the afternoon. I tour my neighborhood after dinner to relax before bed.

Today, I take more steps and travel a greater distance. Walking is an enjoyable and rewarding part of my daily life.

Self-Reflection Questions:

1. What is my motivation for walking?
2. How does taking a walk affect my mood?
3. How can I make walking more interesting?