



## 5 Simple Ways to Start Walking with Your Sole Mates

Walking is good for your body, your brain, and your mood. When you find a few good walking buddies, it's good for your social life too! Walking is fun, easy, and probably the cheapest workout on the planet. All you need is well-fitting, comfortable walking shoes. Put on a pair - and start walking your way to health and happiness today!

### 1. Wear your walking shoes around the house.

Walking shoes can put a spring in your step even when you are doing routine chores around the house. Put on some music and you might even feel like dancing. Plus, if you've got your walking shoes on, you can enjoy a 10-minute walk in the sun when you go out to empty the trash. Research shows that a 10-minute burst of activity can offer a real boost to your mood.

### 2. Wear your walking shoes to the office.

Walking at work can improve your health and productivity too. Studies show that physical activity can help one's ability to concentrate on detailed tasks. A short walk instead of a high calorie snack may help reduce your stress and allow you to better focus on your job. Walking meetings can also be an effective way to get some business done with your coworkers.

### 3. Wear your walking shoes while shopping.

Whether it is running errands at lunchtime or longer shopping expeditions on the weekend, walking shoes can help you get things done while 'working out.' Take a friend or two and park in a central location. Walk to all your shopping destinations, then back to the car with your bags. Now, that is some successful multi-tasking, along with social networking too!

### 4. Wear your walking shoes to the game.

Ever go to children's or grandchildren's soccer, baseball, or football games? When you wear walking shoes, there's no need to be stuck on the sidelines ever again. You, along with family members and friends, can walk around the field - being active, being social, and watching the game from all perspectives. Walking around is also a great way to entertain small children.

### 5. Wear your walking shoes everywhere.

Your sole mates - those comfortable walking shoes - can take you many places. They can take you around town, up and down mountains, or across foreign countries. They can take you into new social circles and help you make friends with dogs of all sizes. Wear your walking shoes whenever you can and you'll probably be healthier, happier, and wiser!