

HEALTH NEWS & NOTES

Walk To A Healthier Life

(NAPSA)—Walking is America's most popular form of exercise. Doctors say walking also strengthens mental and emotional well-being. To make walking a part of your routine, follow these steps from the American Podiatric Medical Association:

- Before you get going, visit your podiatrist. He or she can give you tips on shoes and exercises to make sure your feet are healthy and ready to walk.



- Choose a quality, lightweight walking shoe with breathable upper materials. Fit is vital.
- Wear padded socks.
- Move at a steady pace, brisk enough to make your heart beat faster. Breathe deeply.
- Land on the heel of your foot and roll forward to push off on the ball of your foot.
- Cool down after a long, brisk walk.

Learn more at www.apma.org or 1-800-FOOTCARE.