



Walk Your Way To Better Health

(NAPSA)—The road to good health may start with a single step. If you are restless, bored, unhappy, overweight, or stressed out, walking can be a great remedy, a new book reveals.

Small Steps—Big Rewards (Small Steps Press, \$19.95) provides all the information you need to start a “walking for health” program. Health and government agencies recommend that Americans set a goal of walking 10,000 steps a day for better health. To meet this requirement, the book comes with a Bodytronics ProStep pedometer with complete instructions to count your daily steps. You'll also learn:

- **How walking can help those with diabetes:** Researchers at the U.S. Centers for Disease Control & Prevention report that people with diabetes who walked at least two hours per week decrease their overall mortality risk by 39 percent. Other studies prove that regular physical activity can help people with diabetes avoid or delay the development of heart disease, stroke, kidney disease, nerve damage and vision loss.

- **How walking can make anyone more fit:** Being thin doesn't automatically make a person fit. Overweight people who



Americans should walk 10,000 steps a day for better health, experts agree.

walk are healthier than thin people who are inactive.

- **How to get motivated to walk:** The book features tips on making walking a family or social event; there are contacts for organizations that promote challenging group walking activities such as Volksmarching, letter boxing and water aerobics.

Small Steps—Big Rewards is published by the American Diabetes Association (ADA), a world-recognized authority on exercise, weight loss, nutrition and healthy living. You can order a copy by visiting <http://store.diabetes.org> or by calling 1-800-232-6773 or 1-800-ADA-ORDER.