



Fitness Facts

Walking For Your Health

(NAPSA)—Walking as a fitness activity has become more popular over the years. Here are just a few of the many health benefits of walking:

- Consistent walking can help reduce body fat, cholesterol levels, resting heart rate and blood pressure.



Bob Greene, best-selling author and Oprah Winfrey's personal trainer, says walking is key to fitness.

- Regular walking, using a moderate intensity, strengthens the immune system.

- Walking is a natural form of movement and, unlike high impact exercise, does not place excess stress on the joints.

- Studies suggest regular walking can help prevent colon cancer.

- Walking is an excellent way to prevent diabetes and heart disease, when combined with a proper diet.

Now, says fitness expert Bob Greene, the oldest form of exercise just may be the key to achieving new levels of fitness, particularly for those who need to start with small, achievable goals to get, and stay, on track.

You can learn more from the new "Get Moving with Bob Greene" Walking Club at eDiets.com.