

[IMAGE]

Walk Your Way to Health

By Editorial Staff

Can't imagine slaving away in the gym for hours at a time, but know you need to do something to get in better shape and reduce your risk of disease? The simple act of walking is a good place to start, according to the Office of the Surgeon General. "Step It Up: The Surgeon General's Call to Action to Promote Walking and Walkable Communities," announced in last week, promotes the power of walking – at least 22 minutes a day of brisk walking (or similar physical activity), according to U.S. Surgeon General Dr. Vivek Murthy – while calling on community entities including schools, city planning commissions and others to make walking easy and safe for all Americans.

[Click here](#) to learn more about the "Step It Up" initiative and ways you can participate in your community. And of course, don't forget to participate first and foremost by putting one foot in front of the other every day! Walk your way to health, one step at a time.

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