

Walk For Life

Walking is so powerful. It has so many benefits. From improving your physiology to enhancing your emotional/spiritual wellbeing. It will leave you with a perspective that changes your heart.

Let's list the many benefits:

- Muscle tone increased.
- heart rate increased.
- Lung capacity enlarged.
- Head spaced cleared.
- Calmness given.
- Happiness restored.
- Relationships strengthened.
- Awe and wonder given back.
- Curiosity brought back.
- All 5 senses enhanced.

There are numerous ways to create a fun and enjoyable walking experience. You can make it a short walk or long. That will depend on the time you allow. The ideal time is 1 hour, but even 15 minutes will influence you.

Let's lists the many ways of walking for life:

- Nature walks: 5 senses aroused.
- Cardio walks: Measuring heartbeat.
- Nordic walks: Walk with poles.
- Labyrinth walks: Walking to a destination and back.
- Litter cleanup walks: Bags and friends
- Charity walks: Giving back.
- Foraging walks: Identifying edible plants or mushrooms
- Geocaching walks: Using GPS to find items on a walk/hike.
- Awe and wonder walks: looking at the wonderful creations we have
- Friendship walks: Sharing life experiences.

Walks for kids:

- Scavenger walks: what nature has for us.
- Color/smell walks: Finding the beauty of nature.
- "I Spy" walks: sharpening our senses.
- Conversation walk's: focusing on relationships.

**Walking briskly everyday will change you life
Get out and make it fun. Pleasure is far more exciting and pain.**