



Embrace the Joy of Movement

Put the Fun Back into Your Exercise Routine:

- **Walk for your favorite charity.** Supporting a worthy cause and staying fit is as easy as putting one foot in front of the other when you sign up for a charity walk. Find the perfect walk for you at charitywalksblog.com/charity-walk-events.
- **Take a hike.** In addition to burning major calories, hitting a nearby trail works leg muscles you've probably forgotten you even have. Visit trails.com to locate an exciting trail or park in your neck of the woods.
- **Work it.** Gathering your workplace team together for a quick 'walk-n-talk' around the building might even bring new solutions to old problems. A Stanford study showed that walking while talking can increase creativity by as much as 60 percent.