

e-Thoughts - Putting one foot in front of the other

April 2013 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

I've been hearing a lot about how good walking is for you. So, I've decided to put it to the test.

It's a simple theory to test out: there's no cost, little preparation and not much in the way of special equipment needed. All you have to do is open the door and step outside!

So I've been walking. Some days I meet a friend. Some days it's just me and my dog. And some days I choose to walk alone.

And I've discovered some great things:

- When I take a walk, the air is really refreshing and the scenery (even in my own neighborhood) is really interesting. I get to see which neighbor is putting on a new roof or planting new shrubs. I meet other walkers. I notice things on foot that I never notice while driving through the very same streets every day.

- When I walk with a friend, we bond. We often have more meaningful conversations than we do on phone, through email or texting. After we walk, we've vented, shared and laughed. Plus we both feel good about our physical accomplishment!
- When I walk alone, I come up with ideas that don't seem to come to me when I'm sitting at my desk. Sometimes I even bring a little pad so I can write them down. Walking is great thinking time.

Bottom line: I'm hooked! Walking does a lot of good things for me. Try it and see for yourself!