

## 5 simple ways to Start Walking with Your Sole Mates

**Walking is good for your body, your brain and your mood. When you find a few good walking buddies, it's good for your social life too! Walking is fun, easy and probably the cheapest workout on the planet. All you need is well-fitting, comfortable walking shoes. Put on a pair and start walking your way to health and happiness today!**

### 1. Wear your walking shoes around the house.

Walking shoes can put a spring in your step, even when doing chores around the house. Put on some music and you might even feel like dancing. Plus, if you've got your walking shoes on, you can enjoy a 10-minute walk when you take out the trash. Studies show that just 10 minutes of activity are enough to boost to your mood.

### 2. Wear your walking shoes to the office.

Walking at work is good for your health. And, you will be more productive. In studies, physical activity helped people to concentrate on detailed tasks. So try a short walk instead of a high-calorie snack. You may be less stressed and more focused. Walking meetings with coworkers can also be a good way to get some work done.

### 3. Wear your walking shoes while shopping.

Walking shoes can help you get things done. Throw on those sneakers while running errands at lunchtime. Lace up for longer shopping trips on the weekend. Bring along a friend or two. Park in a central location. Walk to all your shopping destinations and then back to the car with your bags. Now, that is some successful multi-tasking *and* social networking!

### 4. Wear your walking shoes to the game.

Ever go to children's or grandchildren's soccer, baseball or football games? When you wear walking shoes, there's no need to be stuck on the sidelines. Ask family members and friends to join you for a walk around the field. You'll get to watch the game from all angles, while being active and social. Walking around is also a great way to entertain small children.

### 5. Wear your walking shoes everywhere.

Your sole mates – those comfortable walking shoes – can take you many places. You can go around town or across foreign countries together. They can take you up and down mountains. They may bring you into new social circles and will help you make friends with dogs of all sizes. Wear your walking shoes whenever you can. You'll probably be healthier, happier and wiser!

