

Woman's Day

Free Poster / Lose 5 Lbs in 30 Days

Walking Workout

101 Ways to Get Organized

5 Easy, Family-Friendly Meals

Cozy Ideas for Your Home

Walk Safely

Leigh Crews, a Reebok University master trainer, says to keep your walks fun and injury-free:

1. Push off of the ball of your foot. Land on your heel.
2. Keep your chest up and swing your arms naturally.
3. Dress in comfortable, loose-fitting clothing, walking shoes with good support and a hat or visor to protect your face from the sun.
4. Wear reflective clothing at night and always walk facing traffic.
5. Stay aware of what is going on around you. Limit your use of headphones to safe routes that don't involve traffic.
6. Stay hydrated. Carry a water bottle with you at all times.

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