



# How walking is better than...

## Sleeping late:

- **Less Traffic:** Fewer cars on the roads in the morning.
- **Free up Your Evening:** getting exercise in early gets it off your to-do list.
- **Sound of Silence:** no traffic noise, lawn mowers or construction noises, only birds.
- **Meet the Neighbors:** many others are up and about in the morning.
- **Smell the Roses:** it's a great mood setter for the day to see the flowers in parks, gardens, and neighbors yards. Enjoy the beautiful sunrise!



## Sex:

- \* **Burns More Calories:** 30 minutes of walking burns 150-200 calories, whereas 30 minutes of sex only burns about 54.
- \* **Better Aerobic Exercise:** It is easier, even for beginners to sustain walking for 30 minutes to an hour and get health benefits.
- \* **Walking Alone:** is socially acceptable and enjoyed by many in public. No Surgeon General ever lost her job by advocating walking alone.
- \* **Group Walking:** is socially acceptable and is often done in public.
- \* **Racewalking:** You are rewarded for finishing ahead of others.
- \* **Awards:** When you finish a walking event you often get a nice medal or t-shirt to commemorate the event.
- \* **Age of Consent:** for walking is unlimited from the first steps around age one through centenarians. Walkers of all ages can walk together, nobody is "jailbait".
- \* **Low Risk:** Walking does not exchange bodily fluids.
- \* **Few Religious Restrictions:** Walking with or without a spouse is considered morally acceptable by most major religions, although the distance allowed may be restricted on the Sabbath. Major religious figures are known for walking, and going on a walking pilgrimage is a tradition in many faiths.
- \* **Your Reputation:** Nobody insults you for walking too often or with too many different people.

## Chocolate:

- ◆ **Burns Calories:** Walking for an hour burns off one chocolate bar. An average chocolate bar has 350 calories.
- ◆ **Burns Fat:** Chocolate contains fat. Walking burns fat. The fat burning pace is to walk for at least 1/2 hour at a moderate pace where your breathing is noticeable but you are able to speak in full sentences.
- ◆ **Doesn't Melt:** although walking in the heat may make it seem like you are melting, that is just sweat. Chocolate actually does melt at body temperature. Chocolate melts into a gooey brown mess, whereas you sweat in colorless, non-staining liquid.
- ◆ **Getting Happy:** Both chocolate and walking can release the brain's happy hormones-endorphins. But after walking you will have fewer regrets.
- ◆ **Hypo-allergenic:** While many people claim a food allergy to chocolate, allergies to exercise and walking are very rare.

