

TAKE A WALK WITH BOB GREENE



- 1 Keep your chin-up and look straight out in front of you.
- 2 Be sure your shoulders are pulled up and back.
- 3 Keep your arms bent at a 90 degree angle and swing them with your fists coming up to shoulder level before swinging back down.

Your **Walking** Checklist

- Consult your physician before starting this exercise program.
- Try to walk a minimum of five times a week.
- Walk at an intensity you can speak but your breathing is noticeably elevated.
- Increase your walking time by at least two minutes each week.

OPRAH'S **BOOT CAMP**