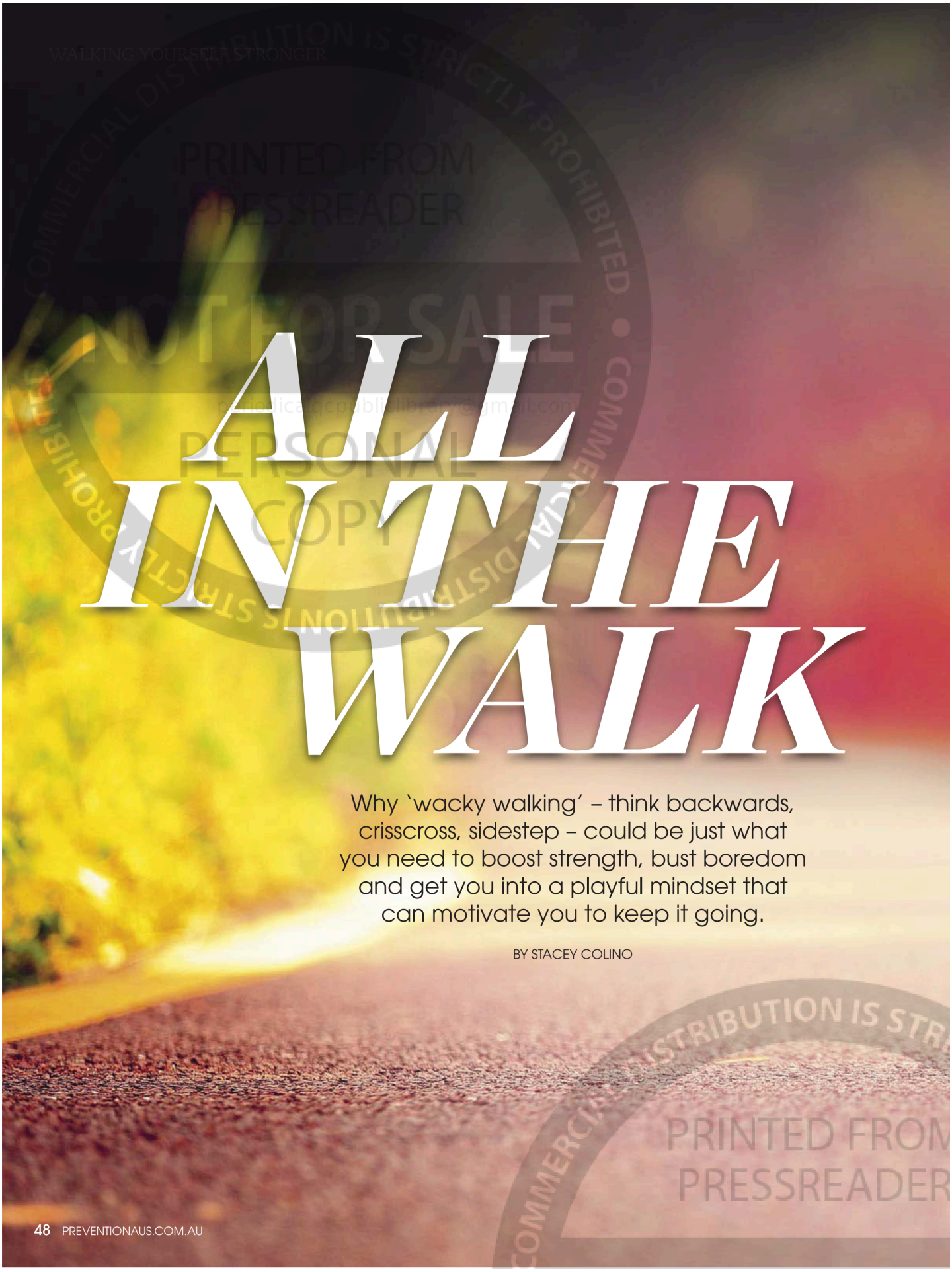
- Walking



ALL IN THE WALK

Why 'wacky walking' – think backwards, crisscross, sidestep – could be just what you need to boost strength, bust boredom and get you into a playful mindset that can motivate you to keep it going.

BY STACEY COLINO

WALKING YOURSELF STRONGER
PRINTED FROM PRESSREADER
NOT FOR SALE
PERSONAL COPY
COMMERCIAL DISTRIBUTION IS STRICTLY PROHIBITED