

“Walking For A Better Life”



“I want to feel better.” “I want to have more energy.” “I want to lose weight.” “I want to live a long life.” These were thoughts Kate often had. She decided to try walking ten minutes a day. She walked in the morning before going to work. The first week was difficult. She did not like getting up early.

But, Kate kept walking. She asked a friend to walk with her. They helped each other stay motivated and moving. By the third week, Kate could feel her body craving the daily exercise. Once she was out the door and moving, she felt great! Walking was making a difference in her life. She did not feel as tired. She was more alert at work and had more energy. She was also craving healthier foods.

Kate started walking twenty minutes a day. She took long strides and pumped her arms. She could feel her muscles working. Some of those muscles had not been worked in a long time! Soon Kate was walking thirty minutes a day. Her heart was really pumping. She was burning fat and building muscle. She was losing weight. Kate was healthier and happier. Life was great!

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。