

Dear Editor:

Those of us who have fallen off of our New Year's resolutions to improve health and fitness have an opportunity to redeem ourselves and start incorporating the healthy habit of walking into our daily routine.

The community is invited to join in a lunch-hour walk on Monday, April 1 in celebration of National Public Health Week, which is the first week in April.

With the weather warming up, it's the perfect time to shake off the lethargy of winter, breathe in some fresh air and enjoy spring's renewal. There really isn't a better time to "turn over a new leaf!"

Walking is the perfect exercise, offering so many benefits.

It's simple, free, safe and requires no special equipment, just comfortable shoes and appropriate clothing.

Any skill level can reap the rewards. All it takes is time and a bit of dedication.

Forget the "no pain, no gain" adage. Regular, brisk walking is as beneficial as vigorous exercise, according to Mayo Clinic staff.

Health benefits include lowered "bad" cholesterol, raised "good" cholesterol, lowered blood pressure, reduced risk of type 2 diabetes, weight maintenance, improved mood and better strength and fitness.

Seasoned walkers as well as novices are invited to join the April 1 walk for as little or as much walking as they wish. Participants are asked to meet at Pinnacle Bank in Grant just after noon. The walk will begin at 12:15, and end at 1 p.m.

The entire route is approximately 2.5 miles, but walkers can return at any point they choose.

The event is being sponsored by Southwest Nebraska Public Health and The Grant Tribune-Sentinel.

Snacks and water will be provided at the start of the walk by the Tribune.

Please join us and make a commitment to better health!

Shari Friedel, Tribune Staff

Walk organizer