

Benefits of a Morning Walk:

There is good news for those who hate exercises or for those who constantly find excuses. If exercise seems too strenuous for you or you think you need to make a lot of preparations for it or need to invest in equipment or special clothing, etc. here is a simpler way to work exercise into your life. Something as simple as a morning walk can do wonders for your overall health, if done regularly.

Please join me for a walk in our municipal park every Monday morning at 9 am. Feel free to bring your family and canine friends. Together we can make a difference in improving our health.