

“ Ted was pooped.



My husband didn't have the energy for anything.

No matter what I suggested, he said he was just too tired.

Then I saw this commercial that said walking gave you energy.

I knew walking was the easiest way to get the exercise you need. It said walking was good for the heart and that it helps keep your weight down.

And walking could reduce stress.

But I didn't know walking actually gives you energy.

I told Ted and he started walking.

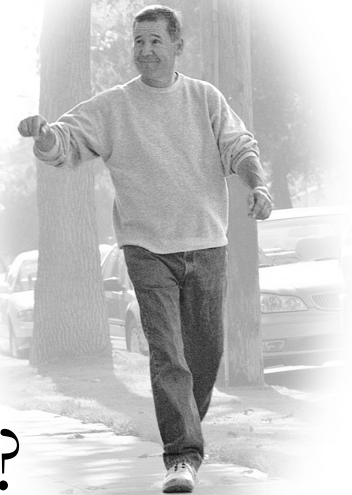
Ten minutes a day at first.

Then twenty minutes.

Now, Ted walks thirty minutes a day, five days a week.

Some days he takes three, ten-minute walks. That's good for you, too.

And these days, Ted has the energy for.....well, everything.



Isn't it time you started walking?

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