



5 PLACES

TO TAKE AN INDOOR WALK

Walking for 30 to 60 minutes a day can improve health and mood. Like other forms of physical activity, it can reduce the risk of diabetes, heart disease, and other chronic illnesses. Although walking tends to take place outdoors, there are a number of indoor options to choose from. So, grab your well-fitted athletic shoes, and use these five places to walk indoors.



Walk at home using a treadmill, game console, or internet-based walking program.



Walk at a local college or community center's recreation facility.



Walk the hallways or stairwells of a public building.



Walk in designated areas at a local medical center's fitness facility.



Walk around an enclosed shopping mall during morning hours.

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