# Health & Fitness

## Walking

Walking is one of the easiest forms of exercise. It's really simple, right? Just get up and walk around. It's an underrated and often overlooked form of exercise, though. Most people don't even consider it to be exercise, but it most certainly is. Let's look at the benefits of walking.



Walking is a low-impact exercise. Anyone at any fitness level can walk. If you can't run, because of hip or knee pain, you can still usually walk. So why not walk a bit?

Walking and some light exercise for 30 minutes a day, according to the American Heart Association, has many benefits. It can reduce your risk of heart disease and heart attacks. It can help keep your blood healthy, reducing unhealthy fats and excess sugars in your blood. It can help with body weight, diabetes, weak bones (osteoporosis), and it may help prevent certain types of cancer. Additionally, it has been proven to improve your mood! This is a lot of positive benefits for just walking around!

Another cool thing about walking, is that you can talk while you're doing it. If you're running, lifting weights, or playing team sports, you might not be able to catch your breath long enough to talk. Walking is a gentle activity, so you can easily talk while you do it. Walk with your dog, a friend, or your family. You can talk about your day or get something off your mind. You can also enjoy looking at nature as you walk, letting your worries disappear!

So, get out there and get walking! Put on those shoes and walk a few minutes every day. It's especially helpful in the morning to get your blood pumping and your mind clear, or after meals, to help with digestion.



# **Reading Comprehension Walking Workout Best**

American Association of Instructors of the Blind

### **Reading Comprehension Walking Workout Best:**

Reading Comprehension and Skills, Grade 4 Carson-Dellosa Publishing,2014-03-15 Reading Comprehension and Skills for fourth grade is designed to help students develop a strong foundation of reading basics so that they will become competent readers who can advance to more challenging texts It includes engaging passages and stories about a variety of subjects to appeal to all readers. The book also encourages vocabulary development and reinforces reading comprehension through leveled activity pages that target each student sindividual needs for support Kelley Wingate's Reading Comprehension and Skills series is the perfect choice for both teachers and parents. This valuable reading and comprehension skills practice book provides nearly 100 reproducible pages of exciting activities 96 durable flash cards and a motivating award certificate. The differentiated activity pages give students the practice they need at a level that is perfect to help them master basic reading comprehension skills necessary to succeed and are great for use at both school and home

Reading Comprehension, Grade 8,2015-03-16 Reading Comprehension for grade 8 is designed to aid in the review and practice of reading comprehension skills Grade 8 covers standards such as main topic and key details identifying an author s purpose summarizing inferring and vocabulary practice. The book includes engaging nonfiction and fiction passages and stories to appeal to all readers. The 100 Series Reading Comprehension books span grades 1 to 8. The activities in each book reinforce essential reading comprehension skills by providing practice with sequencing main idea predicting and inferring as well as story elements character plot and setting. The books include engaging grade appropriate fiction and nonfiction passages and stories Each book has 128 pages and 100 pages or more of reproducible content to help students review and reinforce essential skills in reading comprehension. The series is correlated and aligned to the Common Core State Standards.

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**Reading Comprehension, Grade 6** American Education Publishing,2011-09-01 These nationally acclaimed titles ensure students academic success with teachers and parents The key to the Master Skills series is reinforcing skills through practice using a contemporary approach to learning fundamentals through real life applications The workbooks in this series are excellent tools to prepare young learners for proficiency testing and school success Answer keys included **Reading Comprehension, Grade 6**,2012-09-01 These nationally acclaimed titles ensure students academic success with teachers and parents The key to the Master Skills series is reinforcing skills through practice using a contemporary approach to

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Hansen, 2008-09-02 Study smarter not harder Every high school and college student would love to know how to get the

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