Walk, Don’t Drive

Tang Vo

In Vietnam, most people walked and rode bicycles to work or to go to the market. They were generally healthy, and they lived a long life. Only some families had a car, but most did not.

In the United States most people use cars, even if they want to go somewhere close to their home. For example, I have noticed that even if someone lives near a coffee shop, they drive to buy a cup of coffee.

I think that people in this country could be healthier if they made a decision to walk every day. Even walking just 30 minutes every day can have a positive and healthy effect on your life. It’s especially good to take a walk after eating a meal. It’s much healthier to take a walk than to lie in bed or on the couch after eating! If people make it part of their everyday routine to take a walk, they will soon enjoy the health benefits.

Tang Vo emigrated to the U.S. from Vietnam as a young woman looking for freedom after the fall of Saigon in 1975. She studies ESOL at the Adult Learning Center in Methuen, MA, and is the proud mother of two sons.

...Every little bit counts!

Walking makes your bones stronger and helps prevent osteoporosis.

Exercise delivers oxygen and nutrients to your body.

Exercise helps your heart and lungs work more efficiently, which means you’ll have more energy to do the things you enjoy.

Build little bits of exercise into your day. Have fun!

Source: <www.mayoclinic.com>