

# Wellness Buddy Wednesday Tip

## “Thin” is **NOT** Necessarily “**FIT!**”

Many people consider being thin a sign of fitness. How thin you are, however, is not a good measure of fitness. If you are thin and do not exercise, you could have poor heart and lung endurance and poor muscle strength and endurance. When you want to judge your fitness, your heart and lung endurance is a much better measure than your appearance.

### Power Walking

Here’s a great way to get exercise—grab your spouse, child or friend and take a hike!

“*Power walking*” is more than just a leisurely stroll. When you walk for exercise, take long smooth strides, swing your arms freely from your shoulders, and head for the hills. (Going up and down hills greatly increases the aerobic benefits of a walk.)

A brisk power walk offers many of the benefits of jogging or aerobic dance, without the muscle strain or pounding on your joints.

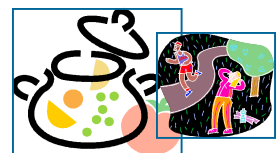


**Fitness is *Hot!***

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