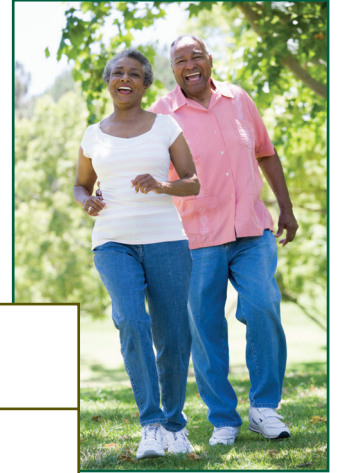


# Walk Your Way to Better Health!

Walking is the perfect exercise for most seniors! It's easy, free and requires no training or expensive equipment. But where to go? Unscramble the words below to find the names of nine popular spots for walking. When you're done, read down the center column to find one more walking choice! (Answers at bottom of this sheet.)



PHAT							
KARP							
HEBCA							
CTARK							
DOWOS							
MYG							
AIRTL							
LAML							
WISEKLAD							

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Answers to "Walk Your Way to Better Health": path, park, beach, track, woods, gym, mall, sidewalk. Center column: treadmill