

walking fit

Spring 2007
(on display until 6/26/07)

PreventionGuide

webwatch

This issue's guide to best walking and fitness online tools

Instantly connect to a variety of information-packed Web sites, including the ones below and many others, available to help you achieve your fitness goals.



1 Walk a marathon Join TeamPrevention to get fit, meet other readers, and achieve a substantial fitness goal. Signing up ensures you an automatic spot at the marathon of your choice, step-by-step training, and tips from *Prevention's* editor and experts.

2 Plan ahead Check out the best walking cities found by *Prevention* and the American Podiatric Medical Association. Next time you're planning a trip, consider one of these feet-friendly places.

3 Calculate your calories To find out exactly how many calories you should be eating a day to either maintain your current weight or drop unwanted pounds, use this handy tool.

4 Gear up Want the latest in walking gear? WalkStyles designs, products, and services make it easy for you to achieve your wellness goals, while looking great along the way!

5 Take a stretch break These five easy stretching exercises will be the perfect way to end all your walking workouts. Postworkout stretches not only make you feel better, but prevent injury and promote flexibility.

6 Celebrate being a Mom The Wheat Foods Council's "Mom, the Everyday Athlete" program is partnering with see-MOMMYrun to host a nationwide mommy run/walk with the ultimate goal of setting a world record. Sign up here!