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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Walking to Become a Slimmer You**

**By Bette L. Hall CMA, NHC**

**Walking to Become a Slimmer You by Bette L. Hall CMA, NHC**

We've got to increase our activity level if we want to become a Slimmer You and keep the pounds off permanently. Walking is my number one recommendation for increasing your activity level. There are other more subtle ways to increase your activity level. I'm not talking about joining a high impact aerobics class or jumping out of bed and doing 200 push-ups as my son the Army captain does. Start with simple things at first, such as parking at the far end of the parking lot instead of sitting comfortably behind the wheel of your car circling around for twenty minutes waiting to park as close to the entrance as possible. Try taking the stairs once in a while instead of the elevator or escalator.

My sister works on the fifth floor at a California hospital. She always takes the stairs. She uses the stairs when she arrives at work, when she takes a lunch break, and whenever she runs errands. She didn't just start doing that as part of an exercise program. She has always taken the stairs. She has never had a real weight problem. If her weight ever goes up five or ten pounds, it comes right back off quickly. Her and her husband also take a class in country line dancing and she plays women's softball. I'm telling you all this because I'm trying to impress upon you the need for physical activity. It doesn't have to be boring. Make it fun. Find an exercise that you like. Once you get involved in some sort of activity you really enjoy, you won't quit so easily. You'll look forward to it. My husband and me like to play handball. Him and my grandson like to go swimming together. Exercise does a lot more than just burn calories. Exercise increases your metabolic rate, strengthens your musculoskeletal system, improves your circulatory system, helps you to sleep better, and alleviates stress. What I really want to talk about though is walking...walking...walking.

Getting right to the point – you should walk no less than thirty minutes per day four times each week. That's 30 minutes each day 4 times each week. Fitness gurus recommend any aerobic activity for twenty minutes each day, three times each week. Possibly that is a good recommendation for those who want cardiovascular fitness. But we are talking about weight loss here.

To reiterate – you should walk no less than 30 minutes each day 4 times each week. Forty minutes five times each week would be better. Your ultimate goal should be one hour six times each week. Don't set your aim that high at first. Gradually work up to the ultimate goal. Don't set yourself up for a let down. For now, set your sight on walking thirty minutes, four times each week.

30 minutes each day, 4 times each week

## Walking to Become a Slimmer You

You might be thinking to yourself, "She sure repeats herself a lot." I repeat the formula of walking thirty minutes each day, four times each week because I want you to get it. I want it to sink in to your subconscious.

Writing health and weight loss articles for over twenty years, Bette has become an author in demand. Bette is a Certified Medical Assistant and Natural Health Consultant with special studies in Nutrition. She is on staff at <http://www.slimmeryou.org>

### **Origins of Obesity**

**By Bette L. Hall CMA, NHC**

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Obesity is a leading health problem in America. At least one third of American adults are obese. Obesity is defined as anyone whose body fat is above 25%.

A sedentary lifestyle and modern conveniences are the culprits that leads to obesity. In days of old, men and women both worked the land. Think about it – they churned butter, milked cows, chopped wood, bailed hay, dug wells, built their own homes, washed clothes on a scrub board, pumped water, and much more. In other words, the people of our American society were physically active.

Today, everything is instant and convenient. We have couch potatoes and couch tomatoes with their remote controls and sweet and salty snacks.

At the end of the great depression of the 1930's, many modern conveniences were introduced into our society to make our life easier. All for what? I'll tell you, it's so we don't have to work so hard. All so we can take it easy. All so we can sit down and do nothing. We think all the labor saving devices are saving us time and effort. In reality, they are making us lazy. In our laziness, our bodies are deteriorating, our muscles are diminishing, our bowels don't function properly, we don't think clearly, and we are more nervous than ever.

Even our jobs are sedentary. Secretaries and receptionists aren't the only ones who sit all day long. Computer programmers and webmasters sit at their computers all day. Scientists and lab technologists sit in a lab all day. Other people who are sedentary on the job are researchers, authors, poets, artists, insurance agents, telemarketers, and telephone operators. And the list goes on and on.

We aren't as active as our grandparents were when they were young. Therefore, we need to look for ways to be active.

Physical activity not only helps you to become a slimmer you, but also provides many health benefits. Walking should be your best friend.

## Walking to Become a Slimmer You

Slimmer You is a lifestyle not a fad diet, nor a quick fix. Rather, it is a spiritual matter. It's about changing habits and believing in your self.

What we eat and drink along with the level of physical activity is what determines whether you'll be a slimmer you or not.

<http://www.slimmeryou.org>

Bette has been writing articles in the weight loss, diet, and nutrition arena for over twenty years. Her

degree is in applied science with a major in Medical Assistant. She is a member in good standing of the (AAMA) American Association of Medical Assistants and is a consultant for <http://www.slimmeryou.org>.



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