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Walking

Where can I get more information about walking?

Resources

<http://www.smallstep.gov/>

<http://www.cdc.gov/nccdphp/dnpa/physical/>

<http://aom.americaonthemove.org/>

<http://www.railtrails.org/index.html>

<http://www.americanhiking.org/>

<http://www.ava.org/>

<http://www.diabetes.org/ClubPed/index.jsp>

<http://walking.about.com/>

The Complete Guide to Walking, New and Revised: For Health, Weight Loss, and Fitness, by Mark Fenton