

# 1 Our Wellness Walking Journeys

*author:*



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## Synopsis

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We talk about how walking is the most natural form of movement for our bodies, and how "lifestyle walking" is likely enough exercise for many of us. We will touch on my journey back to health, which was comprised only of the most doable of steps. We might talk about some food obsessions I had in the past, and why knowing yourself is probably the biggest key to making health and wellness changes that stick. After we explore the undercurrent of a war on wellness in the media, we will clarify what I mean by the term, "wellness in the broadest sense of the word," and how together we can pursue healthy behaviors that will enable us to live the best, most beautiful lives we ever imagined!

LET'S TALK THE WALK!

- Wellness While Walking Facebook page
- Wellness While Walking on Instagram
- Wellness While Walking on Twitter
- Wellness While Walking website for show notes, my email address, and other information

SOURCES and RESOURCES (some links are affiliate links)

Blue Zones by Dan Buettner

Fitness Walking for Dummies by Liz Neporent

"Smash the Wellness Industry"

Wellness While Walking podcast – Bonus Episode 1: How to Start a Walking Routine

Goop.com

DISCLAIMER

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## Reader's comments

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