**52 Ways to Walk**

We all think we know how to walk. It’s one of the very first things we learn how to do. This book is a short, user-friendly guide to attain the full range of benefits that walking has to offer (physically, emotionally, and spiritually). It’s backed by the latest scientific research to inspire readers to develop a fulfilling walking lifestyle. Perfect for anyone stuff in a walking rut.

We all know the main benefits of walking, but this book dives into the lesser-known benefits. So many of aspects of our health is enhanced by how we walk, like our vision, hearing, respiration, sleep, memory etc.

For example:

* Walking in cold weather burns extra fat and builds more muscle
* Walking in woodland helps us to sleep
* Walking alone strengthens our memories

The location we choose, the time we walk, the direction we go, and how long we walk for all influence our walks. As the title suggests, there are 52 different walking styles to choose from and make the most of your daily steps.