

W.O.W

Walk on Weekdays



Walking and talking are the two best things. If you walk that means you are not lazy. So walk today, start getting fit. If you don't walk then you are not fit. Think about it, if you want to be in the Olympics and win gold well-

walk today and don't delay!!!

Doing a daily walk will help you to stay healthy. It is also good for exercise. You should start walking. Walking is better than driving. Walk with a friend. By walking you can see more things.

Don't be a fool - walk to school.

