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For me, walking to health started at the beginning of the summer of 09 when I decided to walk at least 30 minutes 6 days a week. I have lost 15 pounds and am trying to continue to walk 30 minutes a day at least 3 times a week during the school year. I have mapped out a course and am walking around the parking lots of the school at about 4:30 or 5:00 every afternoon possible. I feel so much better and have a lot more energy when I am able to walk. The next step will be to come up with a plan for when I leave after it is dark during the winter.