

Pick up any popular magazine and on the cover you will often see a reference to an article on the benefits of walking. I can think of no other form of moderate exercise that gives so much in return for just an investment in a comfortable pair of shoes. Studies have shown walking is good for your health because it improves cardiac risk factors such as high cholesterol, high blood pressure, and obesity. It can be good for mental health as well because it removes you from the demanding and sometimes stressful situations of daily life. Hippocrates put it well more than 2,400 years ago when he said, "Walking is man's best medicine." Here is a list of titles that describe the many benefits, both physical and mental, of walking. Also included are some books that list great places to walk, as well as fun and interesting musings on the subject of walking. Summer is a great time of year to take up this rewarding activity. See you at Fresh Pond!!

[ChiWalking: The Five Mindful Steps for Lifelong Health and Energy](#) / Danny Dreyer [Home & Health] 613.7176 Dreyer

Well-known walking and running coaches, Danny and Katherine Dreyer, apply the principles of balance and energy from tai chi to walking to create "ChiWalking."

[Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health](#) / Maggie Spilner [Home & Health] 613.7 P928

In this book, Maggie Spilner, Prevention Magazine's walking editor, tells you everything you need to know to start a walking program including choosing shoes, clothing, treadmills, walking technique and speed.

[Leslie Sansone's Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss](#) / Leslie Sansone [Home & Health] 613.7 Sa58Le

Bestselling fitness guru, Leslie Sansone presents her proven six-week plan to reform the way we eat in conjunction with walking workouts.

[Walk Away the Pounds Express](#) / DVD 613.712 W15satw

In this DVD, Leslie Sansone offers a walking routine to burn calories and giving muscles a more challenging workout.

[Boston: Foot Notes: A Walking Guide](#) / Jane Grossman 917.4461 Boston 2009

Chock full of fascinating facts and humorous anecdotes, Jane Grossman's book will take you on a series of educational and entertaining walks around Boston.

[Guide to Cambridge Architecture: Ten Walking Tours](#) / Robert Rettig 917.444 C1445re

This book essentially covers the architecture of the whole city in a series of ten walking tours. It includes all kinds of buildings and provides the date of construction, the architect, and a brief description of the architectural style. It has been described as "a field guide to the architecture of Cambridge."

[Lost Art of Walking](#) / Geoff Nicholson 796.51 Nicholso

Nicholson presents us with a fascinating, definitive, and very personal rumination on the history, science, philosophy, art, and literature of walking. He reminds us that walking has inspired some of the great thinkers, writers and musicians.

[Wanderlust: a History of Walking](#) / Rebecca Solnit 796.51 So46w

Solnit takes her readers on a leisurely journey through the prehistory, history, and natural history of bipedal motion. She demonstrates the profound relationship between walking and thinking and walking and culture, reminding us how important it is that time be made for walking in this automobile dependent culture. The book also contains some delightful profiles of some of the most significant walkers in history and fiction.