

## The Walker's Attitude

I woke up early today, excited about the day ahead.

My health and well-being are important, and it is my job to decide to take care of myself.  
It's up to me to find the time and the place and the reasons to go for a walk.

Today I can complain because the weather is rainy, or...  
I can be thankful that my skin will be blessed with moisture.

Today I can feel sad that I have so many other things to do, or...  
I can be happy that I'll have so much more energy to do them when I'm done walking.

Today I can grumble over the temperature, or...  
I can be thrilled that I've got the right clothes to deal with it.

Today I can lament that I have too many responsibilities, or...  
I can feel grateful that I have a family and a job to stay healthy for.

Today I can cry because the roses on my path have thorns, or...  
I can celebrate that those thorny bushes have roses.

Today I can mourn my lack of walking partners, or...  
I can revel in my quiet time alone.

Today I can whine because I have to find the time to walk, or...  
I can shout for joy that my body is able to keep pace with my spirit.

Today I can grumble about the time it takes to stretch, or...  
I can delight in the sheer pleasure of my limbs reaching to the sky.

What my health and fitness will be like is, in great measure, up to me. I get to choose my  
level of well-being. I get to lay the plans for a daily walk.

Have a great walk today...unless you have other plans.

*By Maggie Spilner in Prevention's Complete Book of Walking*