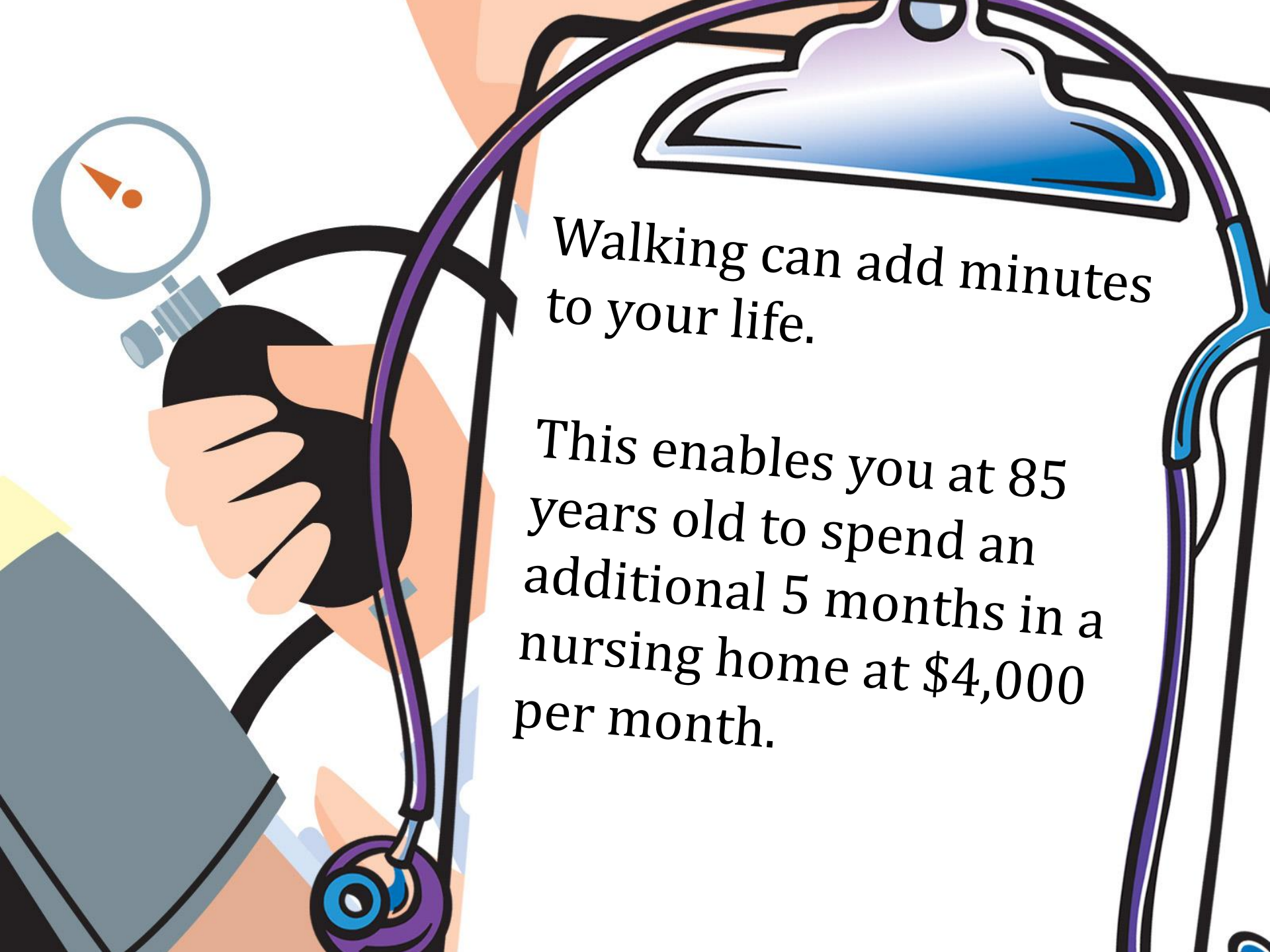




*The Importance of*  
*walking*

**A Presentation**



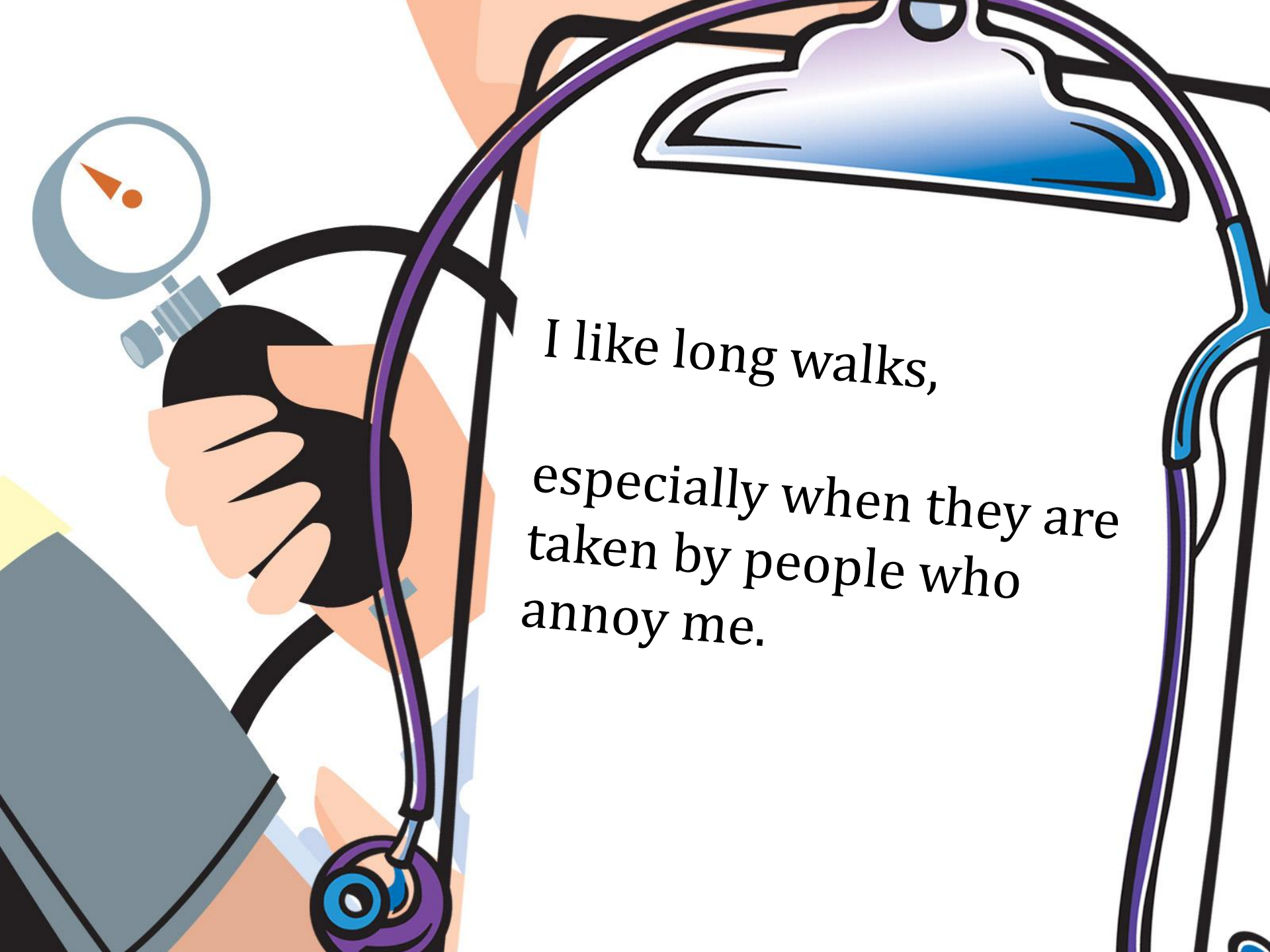
Walking can add minutes  
to your life.

This enables you at 85  
years old to spend an  
additional 5 months in a  
nursing home at \$4,000  
per month.

My grandpa started walking five miles a day when he was 60.

Now he's 97 years old and we have no idea where the hell he is.



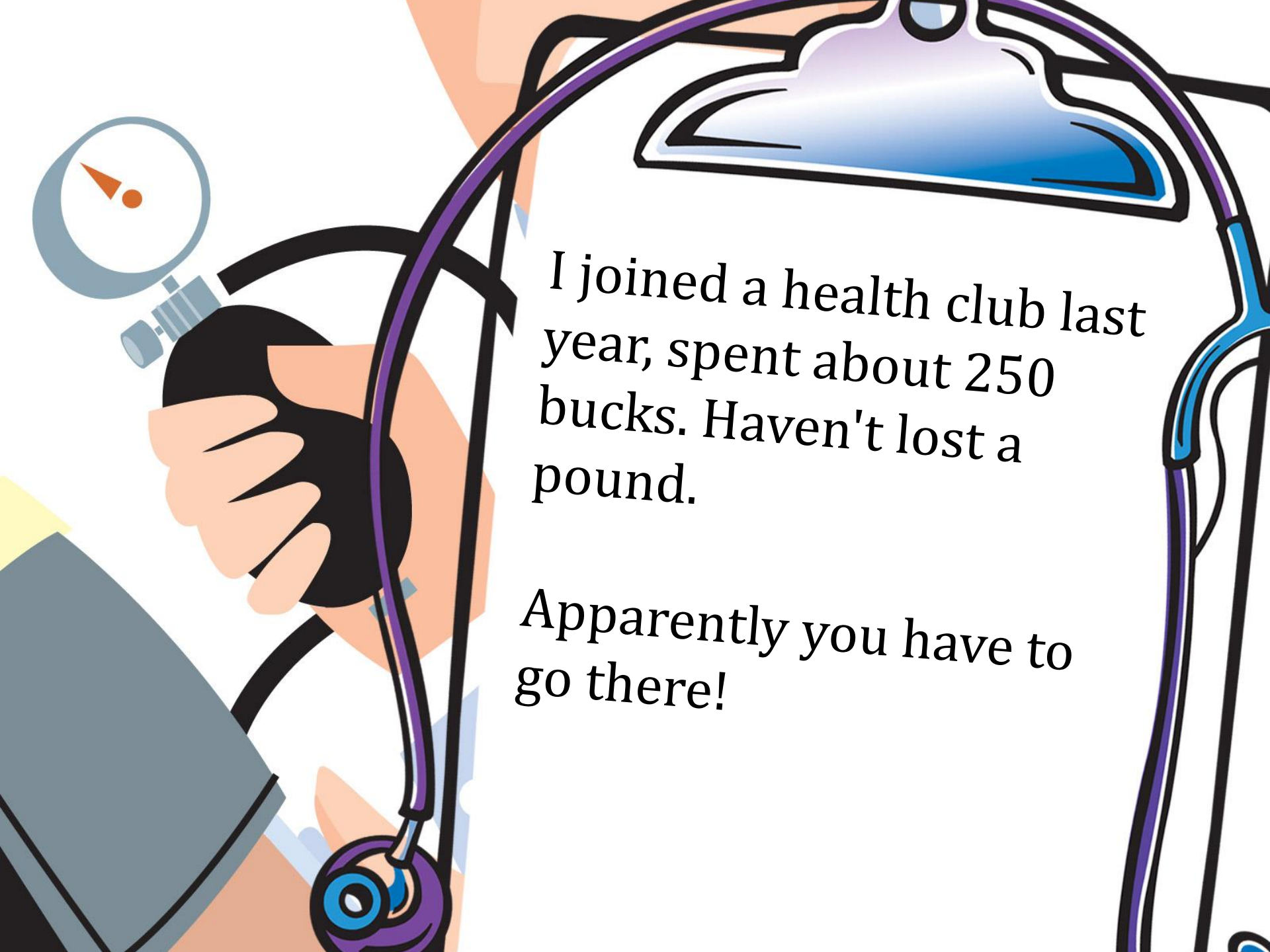


I like long walks,  
especially when they are  
taken by people who  
annoy me.

I have to walk early in the morning,

before my brain figures out what I'm doing.



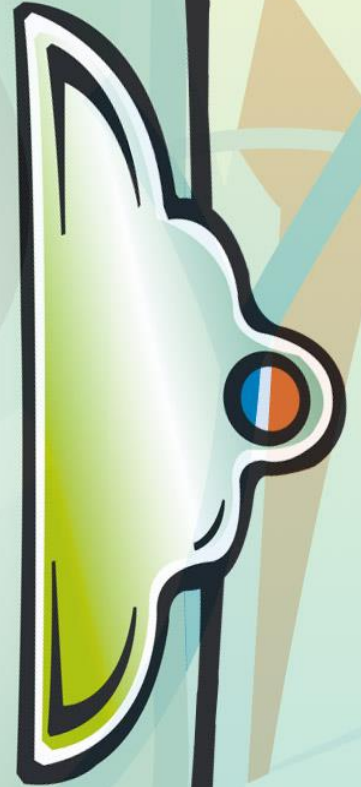


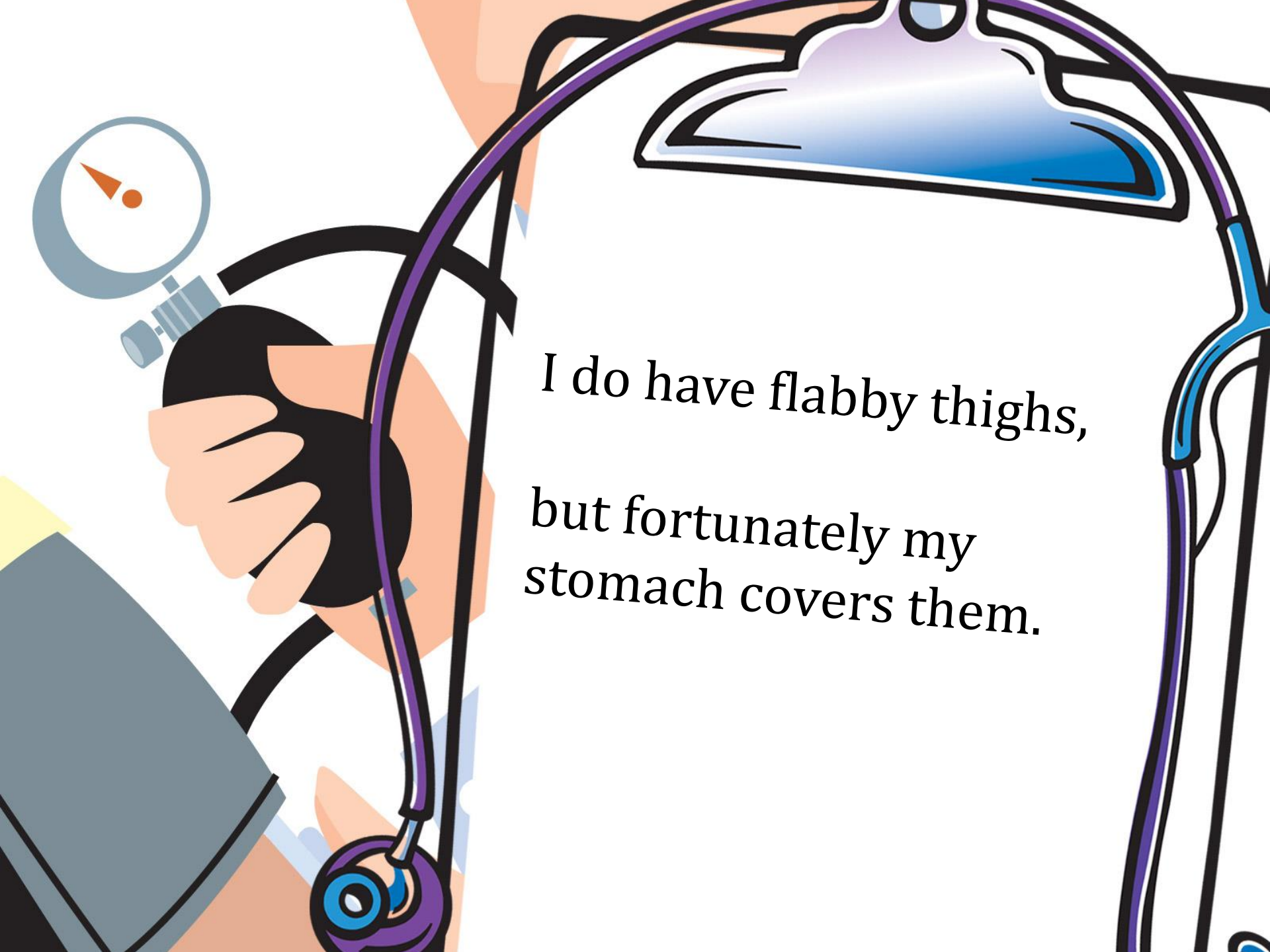
I joined a health club last year, spent about 250 bucks. Haven't lost a pound.

Apparently you have to go there!

Every time I hear the dirty  
word 'exercise',

I wash my mouth out with  
chocolate.






I do have flabby thighs,  
but fortunately my  
stomach covers them.



The advantage of exercising every day is so when you die, they'll say, "Well, he looks good doesn't he."



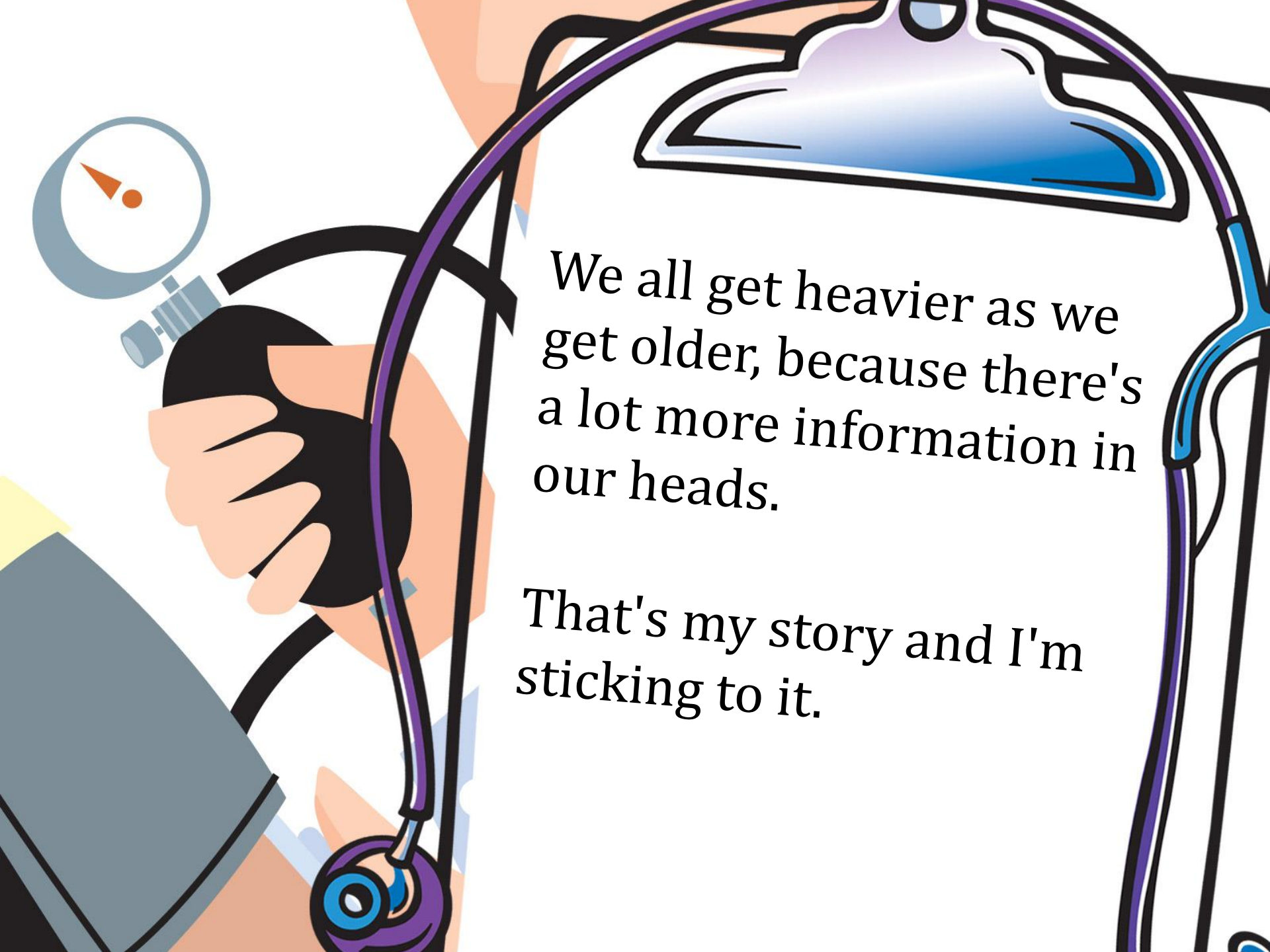
An illustration showing a person's hand holding a black ski binding. A purple cable runs from the binding, loops around a blue pressure gauge with an orange needle, and then curves upwards to hold a blue ski pole. The background is white with some orange and blue accents.

If you are going to try  
cross-country skiing,  
start with a small  
country.

I know I got a lot of exercise  
the last few years,.....

just getting over the hill.





We all get heavier as we  
get older, because there's  
a lot more information in  
our heads.

That's my story and I'm  
sticking to it.

Every time I start thinking too  
much about how I look,  
I just find a pub with a Happy  
Hour

and by the time I leave, I look just  
fine.





You could run this over  
to your friends

But just e-mail it to them!  
It will save you the walk!