walk two moons significance

walk two moons significance lies in its rich exploration of themes such as identity, grief, and the journey toward self-understanding. This novel, written by Sharon Creech, is celebrated for its profound emotional depth and its unique storytelling approach. The significance of Walk Two Moons extends beyond its narrative as it offers readers valuable lessons about empathy, cultural heritage, and the complex process of coping with loss. Through the protagonist Sal's journey, the book intertwines past and present experiences, creating a compelling exploration of family dynamics and personal growth. This article will delve into the thematic significance, character development, cultural context, and the literary techniques that contribute to the enduring impact of Walk Two Moons. By analyzing these elements, the importance of the novel within children's literature and its broader educational value will become clear.

- Thematic Significance of Walk Two Moons
- Character Development and Emotional Growth
- Cultural and Historical Context
- Literary Techniques and Narrative Structure
- Educational Impact and Reader Engagement

Thematic Significance of Walk Two Moons

The themes presented in Walk Two Moons are central to understanding its significance. The novel addresses complex issues such as grief, identity, and the nature of family relationships, making it a profound work for readers of all ages. One of the key themes is the process of grieving and coming to terms with loss. Sal's journey is both physical and emotional, as she travels to find her mother while simultaneously processing the death of her own mother.

Grief and Healing

Walk Two Moons offers an honest depiction of grief. Rather than portraying sorrow as a linear or simple experience, the book illustrates the multifaceted ways people cope with loss. Sal's narrative reveals stages of denial, anger, sadness, and eventual acceptance. This theme is crucial for readers who may be facing similar experiences, providing comfort and understanding through empathetic storytelling.

Identity and Self-Discovery

The novel also focuses heavily on identity and the journey to self-understanding. Sal's reflections on her family history and her mother's past help her to define her own values and beliefs. This theme resonates with young readers navigating their own paths toward maturity and self-awareness.

Family Dynamics and Relationships

Family relationships are explored in depth, highlighting the complexities and emotional bonds that shape individuals. The interactions between Sal, her grandparents, and her father underscore themes of love, loss, and reconciliation. These dynamics enrich the narrative and provide a realistic portrayal of family life.

Character Development and Emotional Growth

The characters in Walk Two Moons are vital to the novel's significance, as their development drives the story's emotional core. Sal, the protagonist, undergoes significant growth throughout the narrative, learning to cope with her mother's absence and understanding the importance of forgiveness and empathy.

Sal's Journey

Sal's character arc is a testament to resilience and emotional maturity. Her storytelling weaves together memories with present events, highlighting her evolving perspective. By the end of the novel, Sal demonstrates a greater capacity for empathy and acceptance, embodying the lessons learned through her experiences.

Supporting Characters and Their Roles

Other characters, such as Sal's grandparents and her friend Phoebe, contribute to the emotional depth of the story. Each character presents different ways of handling challenges, enriching the narrative with diverse viewpoints and emotional complexity.

Cultural and Historical Context

Walk Two Moons also holds significance due to its cultural and historical references, which provide readers with a broader understanding of the setting and characters. The novel incorporates elements of Native American heritage and rural American life, adding layers of meaning and authenticity.

Native American Influences

The title itself, Walk Two Moons, is derived from a Native American proverb about empathy—"Don't judge a man until you've walked two moons in his moccasins." This cultural reference underscores the novel's emphasis on understanding others' experiences and perspectives.

Rural American Setting

The rural backdrop of the story provides insight into the lifestyle, values, and challenges faced by the characters. This setting is integral to the narrative, shaping the characters' identities and the unfolding of events.

Literary Techniques and Narrative Structure

The literary craftsmanship of Walk Two Moons significantly contributes to its impact and significance.

Sharon Creech employs unique narrative techniques that enhance the emotional resonance and thematic depth of the novel.

Dual Narrative Structure

The novel's structure alternates between Sal's present journey and the stories she tells about her mother. This dual narrative approach allows readers to engage with multiple layers of the story simultaneously, deepening understanding of characters and themes.

Symbolism and Imagery

Creech uses symbolism extensively, such as the recurring motif of the moon, to convey deeper meanings related to cycles, change, and emotional growth. Vivid imagery also enriches the text, creating strong emotional connections and visualizations for readers.

Educational Impact and Reader Engagement

Walk Two Moons is widely used in educational settings due to its rich themes and accessible style. The novel encourages critical thinking, empathy, and emotional literacy among students, making it a valuable teaching tool.

Promoting Empathy and Understanding

The story fosters empathy by inviting readers to "walk two moons" in the shoes of others, promoting a deeper understanding of different life experiences and perspectives. This aspect enhances social-emotional learning in classrooms.

Encouraging Literary Analysis

Teachers often use the novel to teach literary elements such as character development, theme, symbolism, and narrative structure. Its layered storytelling challenges students to analyze and interpret complex emotions and ideas.

Benefits of Reading Walk Two Moons

- Enhances emotional intelligence through exploration of grief and healing.
- Introduces cultural awareness with Native American references.
- Develops critical thinking with multi-layered narrative techniques.
- Encourages personal reflection on family and identity.
- Supports engagement with diverse literary themes suitable for young readers.

Frequently Asked Questions

What is the significance of the title 'Walk Two Moons' in the novel?

The title 'Walk Two Moons' signifies the idea of empathy and understanding others by metaphorically walking in their shoes for a while before passing judgment.

How does the theme of empathy relate to the significance of 'Walk Two Moons'?

The theme of empathy is central to the novel, as the title encourages readers to consider others' perspectives and experiences deeply, fostering compassion and connection.

Why does the author Sharon Creech choose 'Walk Two Moons' as a metaphor?

Sharon Creech uses 'Walk Two Moons' as a metaphor to emphasize that truly understanding someone requires experiencing their journey, highlighting the importance of patience and empathy.

In what ways does the protagonist Sal demonstrate the significance of 'walking two moons'?

Sal demonstrates this significance by reflecting on her mother's disappearance and learning to see her mother's actions and feelings from a new, more understanding perspective.

How does the concept of 'Walk Two Moons' help in dealing with grief and loss in the story?

The concept helps characters, especially Sal, to process grief by encouraging them to understand the emotions and reasons behind decisions, leading to healing and acceptance.

What lesson does 'Walk Two Moons' teach readers about judging others?

The novel teaches readers that before judging others, one should try to understand their experiences and feelings, as everyone has their own struggles and reasons for their actions.

Additional Resources

1. Bridge to Terabithia

This novel by Katherine Paterson explores themes of friendship, loss, and imagination. Like *Walk Two Moons*, it delves into the emotional journey of a young protagonist coping with grief and understanding the complexities of life and death. The story highlights the importance of empathy and

seeing the world from others' perspectives.

2. The Absolutely True Diary of a Part-Time Indian

Sherman Alexie's semi-autobiographical book follows a Native American teenager navigating life between his reservation and an all-white high school. The novel addresses themes of identity, cultural conflict, and personal growth, resonating with *Walk Two Moons*' exploration of heritage and self-discovery.

3. A Monster Calls

Written by Patrick Ness, this book deals with a young boy confronting his mother's terminal illness through a fantastical narrative involving a tree monster. It shares *Walk Two Moons*' poignant blend of reality and imagination, and its sensitive treatment of grief and healing.

4. Where the Red Fern Grows

Wilson Rawls' classic tells the story of a boy and his two hunting dogs, exploring themes of childhood innocence, love, and loss. The emotional depth and coming-of-age elements echo the heartfelt storytelling found in *Walk Two Moons*.

5. Because of Winn-Dixie

Kate DiCamillo's novel centers around a lonely girl who adopts a stray dog, forming new friendships and healing emotional wounds. This story, like *Walk Two Moons*, emphasizes the significance of connection, understanding, and overcoming past hardships.

6. Out of the Dust

Karen Hesse's historical novel, written in poetic form, follows a young girl's struggles during the Dust Bowl era. It shares *Walk Two Moons*' themes of resilience, family challenges, and personal growth in the face of adversity.

7. The Secret Life of Bees

Sue Monk Kidd's story of a young girl searching for her mother and finding solace in an unlikely community parallels *Walk Two Moons*' themes of maternal relationships, healing, and self-discovery. Both novels highlight the transformative power of empathy and understanding.

8. Esperanza Rising

Pam Muñoz Ryan's novel follows a young girl who must adapt to a new life in the United States after losing her privileged upbringing in Mexico. The themes of change, resilience, and identity connect closely with the journeys in *Walk Two Moons*.

9. Inside Out and Back Again

Thanhha Lai's book in verse tells the story of a young Vietnamese girl adjusting to life in America after fleeing war. Like *Walk Two Moons*, it explores themes of cultural identity, family, and the challenges of growing up in a new environment.

Walk Two Moons Significance

Find other PDF articles:

 $\underline{http://www.speargroupllc.com/textbooks-suggest-003/pdf?docid=PuQ17-3669\&title=online-college-textbooks-free.pdf}$

walk two moons significance: WALK TWO MOONS NARAYAN CHANGDER, 2024-05-24 Note: Anyone can request the PDF version of this practice set/workbook by emailing me at cbsenet4u@gmail.com. I will send you a PDF version of this workbook. This book has been designed for candidates preparing for various competitive examinations. It contains many objective questions specifically designed for different exams. Answer keys are provided at the end of each page. It will undoubtedly serve as the best preparation material for aspirants. This book is an engaging guiz eBook for all and offers something for everyone. This book will satisfy the curiosity of most students while also challenging their trivia skills and introducing them to new information. Use this invaluable book to test your subject-matter expertise. Multiple-choice exams are a common assessment method that all prospective candidates must be familiar with in today?s academic environment. Although the majority of students are accustomed to this MCQ format, many are not well-versed in it. To achieve success in MCQ tests, quizzes, and trivia challenges, one requires test-taking techniques and skills in addition to subject knowledge. It also provides you with the skills and information you need to achieve a good score in challenging tests or competitive examinations. Whether you have studied the subject on your own, read for pleasure, or completed coursework, it will assess your knowledge and prepare you for competitive exams, guizzes, trivia, and more.

walk two moons significance: A Guide for Using Walk Two Moons in the Classroom Melissa Hart, 2003 Each book in this series is a guide for using a well-known piece of literature in the classroom. Included are sample plans, author information, vocabulary-building ideas, and cross-curricular activities. At the Intermediate and Challenging levels, sectional activities and quizzes, unit tests, and ideas for culminating and extending the novel are also included.

walk two moons significance: Walk Two Moons (SparkNotes Literature Guide) SparkNotes, 2014-08-12 Walk Two Moons (SparkNotes Literature Guide) by Sharon Creech Making the reading experience fun! Created by Harvard students for students everywhere, SparkNotes is a new breed of study guide: smarter, better, faster. Geared to what today's students need to know, SparkNotes provides: *Chapter-by-chapter analysis *Explanations of key themes, motifs, and symbols *A review quiz and essay topicsLively and accessible, these guides are perfect for late-night studying and writing papers

walk two moons significance: Focus on Reading: Walk Two Moons - Study Guide Marshall K. Hall, 2004 Prepares students for reading success through prereading background material; Focuses reading with guided questions; Builds vocabulary; Develops cultural literacy.

walk two moons significance: Walk Two Moons - Literature Circle Guides Scholastic, Inc, Kathleen Simpson, 2002-09 Everything you need for successful literature circles that get kids thinking, talking, writing--and loving literature--Cover

walk two moons significance: Sharon Creech Pamela Sissi Carroll, 2007-08-30 Sharon Creech is a best-selling author for young adult readers, and her books are enjoyed in both classroom settings and for leisure reading for three important reasons: -She shows great respect for teens through giving attention to the voices of teen protagonists, creating adventures in which teens grown socially and emotionally as a result of a journey. She captures the language of her characters, including dialects from the hollers of West Virginia and the mountains of Switzerland, and introduces figurative language and vocabulary to enrich her readers' experience during and after their time with her books. With humor and gentleness, she provides readers with a sense of hope. After an introductory chapter and biographical sketch, there is one chapter per volume that examines the characters, plot, setting, and themes in each work. This volume will be useful to young adults wanting to delve deeper into the worlds of Creech's characters, or literature professionals studying Creech's works.

walk two moons significance: Adolescents in the Search for Meaning Mary L. Warner, 2006-03-03 As is painfully evident from the reports of school shootings, gang violence, dysfunctional family life, and from statistics on adolescent suicide, many teens live troubled lives. Even those who live a normal life still face the challenges adults face, but teens are also engaged in establishing

independence and finding their identity. However, few adolescents have the same resources as adults for surviving life challenges. Building from the idea that story is a powerful source of meaning, particularly those stories that resonate with our own lives, this book suggests that the stories of other young adults offer a resource yet to be fully tapped. Adolescents in the Search for Meaning begins from the perspective of young adults by sharing the results of a survey of over 1400 teens and also includes the insights of authors of Young Adult Literature. The book presents over 120 novels that teens have identified as meaningful as well as books recommended by YA authors and experts in the field of YA literature. For any teacher, librarian, parent or counselor wanting to reach young adults, this book is ideal.

walk two moons significance: CliffsNotes 1990s Newbery Medal Winners Suzanne Pavlos, 2001-03-07 The original CliffsNotes study guides offer expert commentary on major themes, plots, characters, literary devices, and historical background. The latest generation of titles in this series also features glossaries and visual elements that complement the classic, familiar format. The works covered in CliffsNotes 1990s Newbery Medal Winners are a reflection of the society in which they were written. A recurring theme in the novels that won the Newbery Medal Award in the 1990s, regardless of the time period in which they were set, is the interdependence of people. Other significant themes that appear as a common thread are friendship and family, courage and bravery, and the dilemmas of adolescents struggling to become adults. With plenty of background information about each author, plot synopses, character maps, and in-depth analysis of characters and themes CliffsNotes 1990s Newbery Medal Winners is your ticket to understanding and enjoying all of the following novels: Holes, by Louis Sachar Out of the Dust, by Karen Hesse The View from Saturday, by Elaine Lobl Konigsburg The Midwife's Apprentice, by Karen Cushman Walk Two Moons, by Sharon Creech The Giver, by Lois Lowry Missing May, by Cynthia Rylant Shiloh, by Phyllis Reynolds Naylor Maniac Magee, by Jerry Spinelli Number the Stars, by Lois Lowry Classic literature or modern-day treasure—you'll understand it all with expert information and insight from CliffsNotes study guides.

walk two moons significance: The Common Core Grammar Toolkit Sean Ruday, 2013-08-16 The Common Core's language standards can seem overwhelming—students need to learn specific, complex grammar rules at each grade level. The Common Core Grammar Toolkit to the rescue! This comprehensive guide makes grammar instruction fun and meaningful. You will learn how to... Teach the Common Core's language standards for grades 3-5 by presenting each grammar rule as a useful writing tool. Use mentor texts—excerpts from great literature—to help students understand grammar in action. Promote metacognition along the way, so that students become responsible for their own learning. Throughout the book, you'll find step-by-step recommendations for teaching each of the grammar tools, plus classroom snapshots that show you the tools in action, and handy templates that you can use in the classroom. Bonus! The book includes a free annotated bibliography, which is offered as a Supplemental Download on our website. The bibliography lists high-quality young adult literature and gives examples of key grammatical concepts found in each work. It also provides the Common Core Language Standard associated with those concepts!

walk two moons significance: Explaining Reading, Third Edition Gerald G. Duffy, 2014-04-29 This trusted teacher resource and widely adopted text presents effective ways to demystify essential reading skills and strategies for K-8 students who are struggling. It has been fully revised to focus on the Common Core State Standards (CCSS) for English language arts. Following a concise introduction to the CCSS and explicit teaching, 30 engaging examples show how to be explicit when teaching each Literature, Informational Text, and Foundational Skills standard. Grounded in authentic reading tasks that teachers can adapt for their classrooms, the examples guide teachers to differentiate instruction, model and scaffold learning, assess student skills, and align reading instruction with Common Core writing standards. New to This Edition *Significantly revised and restructured with a CCSS focus. *The teaching examples are all new or revised. *Provides practical ways to develop close reading of text. *Incorporates recent research on authentic

tasks and adaptive teaching.

walk two moons significance: Classroom Management Through Behavioral Interventions That Work: Tier Two Strategies Laura A. Riffel, Ph.D., Jessica R. Eggleston, Doctoral Candidate, 2016-08-29 This book focuses on tier two strategies for classroom management. When teachers feel empowered with information, classroom management is easier. This book is filled with specific strategies based on Dr. Riffel's Triple T- Triple R chart. The three T's are 1) Trigger (what sets the behavior in motion), 2) Target (what behavior do you want to target for change), and 3) impacT (what is the student gaining or escaping by engaging in this behavior). The three R's to combat the three T's are 1) Revise the environment (set the student up for success by changing the environment, 2) Replace the behavior (Teach the student what you want to see instead of telling them what not to do, and 3) Reframe your response (change how you react to the target behavior and feed the replacement behavior. When these three formats are followed, the behavior dissipates. This book also includes specific strategies on many common classroom target behaviors. This book coincides with Dr. Riffel's Tier Two Training.

walk two moons significance: Marginalized Literacies Cara M Mulcahy, 2010-06-01 Functional literacy, cultural literacy, and progressive literacy are just a few of the many terms one can invoke when attempting to define literacy. From a critical perspective, for a democratic society to exist, a critical literacy is of crucial importance. Critical literacy aims to empower individuals and transform society. It is grounded in critical theory and, like critical pedagogy, investigates ways in which social, cultural, racial, sexual, and economic inequalities are reproduced. By investigating the ideological, political, and social structures that perpetuate such inequalities, it hopes to raise consciousness and move towards creating a more socially just society. This book examines the approaches set forth by Atwell, Calkins, and Rief in their books, In the Middle (1998); The Art of Teaching Writing (1994); and Seeking Diversity (1992), respectively. This book is of relevance to teacher educators and English Language Arts teachers. It enables one to become familiar with the main components of the Readers'/Writers' workshop and develop an awareness of how literacy may be conceptualized and reconceptualized through this approach. Teacher educators will find this text useful for raising preservice teachers' awareness of the ideologies that inform literacy education and in developing their understanding for how students are positioned socially, culturally, politically and economically by such ideologies. English Language Arts teachers will find this book informative in understanding how they can be positioned by teacher texts to teach towards certain ideologies of literacy. Finally, it allows teacher educators and English Language Arts teachers to consider what kind of literacy education is provided for through the Readers'/Writers' workshop, and whether space may be negotiated within the Readers'/Writers' workshop, for the teaching of critical literacy.

walk two moons significance: Recharge Your Batteries: Classroom Management Laura A. Riffel, Ph.D., Jessica R. Eggleston, Doctoral Candidate, 2016-03-08 This book is designed to help teachers develop three strands of reinforcement in classroom management. Support, Interventions, and Reinforcement will be addressed in ways that help classroom teachers braid behavioral techniques into their strategies. The book will focus on environmental changes, replacement behavior teaching, and impacting our reactions as educators so that we feed the replacement behavior and extinguish the target behavior.

walk two moons significance: *Through the Eyes of a Child* Donna E. Norton, Saundra E. Norton, 2007 CD-ROM contains a database of children's literature.

walk two moons significance: <u>Teaching Empathy</u> Suzanna E. Henshon, 2021-09-23 As classrooms become more diverse, it is increasingly important that students learn how to empathize with others who may come from very different backgrounds. Teaching Empathy:

walk two moons significance: Nurturing the Gifted Female Joy L. Navan, 2008-06-12 Strengthen gifted girls' potential by exploring characteristics of girls' giftedness; factors affecting development; issues of resilience, self-efficacy, and personal ethics; and the importance of supportive adults.

walk two moons significance: Using Google EarthTM: Bring the World into Your

Classroom Levels 6-8 JoBea Holt, 2012-02-01 Provides step-by-step instructions, lessons, and activities that integrate Google Earth into social studies, science, mathematics, and English language arts curriculum.

Classroom Levels 6-8 JoBea Holt, 2012-02-01 Learn to use Google Earth and add technological richness across the content areas in grades 6-8 with this highly engaging, easy-to-use resource that offers flexibility for authentic 21st century learning. This teacher-friendly book provides step-by-step instructions, lessons, and activities that integrate this technology into social studies, science, mathematics, and English language arts curriculum. All lessons are differentiated for a variety of learning styles and activities are leveled for all learners. In addition, suggestions for flexible groupings and for extension activities are also included. Using Google Earth□: Bring the World Into Your Classroom shows teachers how to help their students start their own .kmz folders and fill them with layers of locations that connect their own lives to the curriculum, and to build cross-curricular connections. The ZIP file includes templates plus clear, easy-to-follow directions to lead students (and teachers) to see a global view by starting with their own neighborhoods and then moving outward. This resource is aligned to the interdisciplinary themes from the Partnership for 21st Century Skills and supports core concepts of STEM instruction.

walk two moons significance: The Elementary School Grammar Toolkit Sean Ruday, 2020-05-11 Teaching grammar can be overwhelming and is often an overlooked part of effective instruction. The Elementary School Grammar Toolkit to the rescue! Now in its second edition, this comprehensive guide makes grammar instruction fun and meaningful. You will learn how to... • Teach grammar in a practical way to help students grow as readers and writers by presenting each grammar rule as a useful writing tool. • Use mentor texts—excerpts from great literature—to help students understand grammar in action. • Promote metacognition along the way so that students become responsible for their own learning. • Implement innovative instructional strategies and tools aligned with Common Core and other state standards. Throughout the book, you'll find step-by-step recommendations for teaching each of the grammar tools to help students meet the Common Core State Standards and other state language standards for grades three to five, plus classroom snapshots that show you the tools in action, handy templates that you can use in the classroom, and new tips for extra support at the end of every chapter. New! The second edition features revised classroom snapshots and exemplars to showcase successful practices, new visuals, more free charts and activities, and new Bonus Tips for Support in each chapter, with extra practices and strategies to use with students who need extra support. The expanded, free annotated bibliography is updated to include contemporary, high-quality children's and young adult literature and gives examples of key grammatical concepts found in each work. These resources are available as supplemental downloads on our website.

walk two moons significance: Unsettling Narratives Clare Bradford, 2007-04-26 Children's books seek to assist children to understand themselves and their world. Unsettling Narratives: Postcolonial Readings of Children's Literature demonstrates how settler-society texts position child readers as citizens of postcolonial nations, how they represent the colonial past to modern readers, what they propose about race relations, and how they conceptualize systems of power and government. Clare Bradford focuses on texts produced since 1980 in Canada, the United States, Australia, and New Zealand and includes picture books, novels, and films by Indigenous and non-Indigenous publishers and producers. From extensive readings, the author focuses on key works to produce a thorough analysis rather than a survey. Unsettling Narratives opens up an area of scholarship and discussion—the use of postcolonial theories—relatively new to the field of children's literature and demonstrates that many texts recycle the colonial discourses naturalized within mainstream cultures.

Related to walk two moons significance

FAST Walking in 30 minutes | Fitness Videos - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

WALK Definition & Meaning - Merriam-Webster The meaning of WALK is to move along on foot : advance by steps. How to use walk in a sentence

30 Minute Boosted Fitness Walk | Walk at Home - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Doctors weigh in on whether you should walk faster or farther, whether you have weight loss goals, endurance goals, or heart health goals

START! Walking at Home American Heart Association 3 Mile Walk Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walk this way - it's quite good for you - American Heart Association Research shows people in greener neighborhoods are more likely to walk than those in less-green areas. People in walkable neighborhoods tend to be more physically active

1.0 Mile Happy Walk | Walk at Home | Walking Workout - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

What Happens to Your Body When You Walk Every Day Walking is an easy, accessible form of exercise that has many health benefits. A daily walk can help your body stay healthy, boost mood and energy levels, burn calories, and

Walk at Home - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walking: Trim your waistline, improve your health - Mayo Clinic Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration

FAST Walking in 30 minutes | Fitness Videos - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

WALK Definition & Meaning - Merriam-Webster The meaning of WALK is to move along on foot : advance by steps. How to use walk in a sentence

30 Minute Boosted Fitness Walk | Walk at Home - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Doctors weigh in on whether you should walk faster or farther, whether you have weight loss goals, endurance goals, or heart health goals

START! Walking at Home American Heart Association 3 Mile Walk Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walk this way - it's quite good for you - American Heart Association Research shows people in greener neighborhoods are more likely to walk than those in less-green areas. People in walkable neighborhoods tend to be more physically active

1.0 Mile Happy Walk | Walk at Home | Walking Workout - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

What Happens to Your Body When You Walk Every Day Walking is an easy, accessible form of exercise that has many health benefits. A daily walk can help your body stay healthy, boost mood and energy levels, burn calories, and

Walk at Home - YouTube Join the Walk at Home crew on mile walk workouts, fat burning workouts, workout plans and more

Walking: Trim your waistline, improve your health - Mayo Clinic Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration

Back to Home: http://www.speargroupllc.com