

There was a girl named Kate who used to be overweight and walked only when she absolutely had to.

I am happy to say that lately Kate walks between two and three miles a day.

Kate didn't realize that walking was a good habit to develop, just like brushing your teeth and washing your hands.

She now walks more than she has ever walked before and her life is better in many different ways.



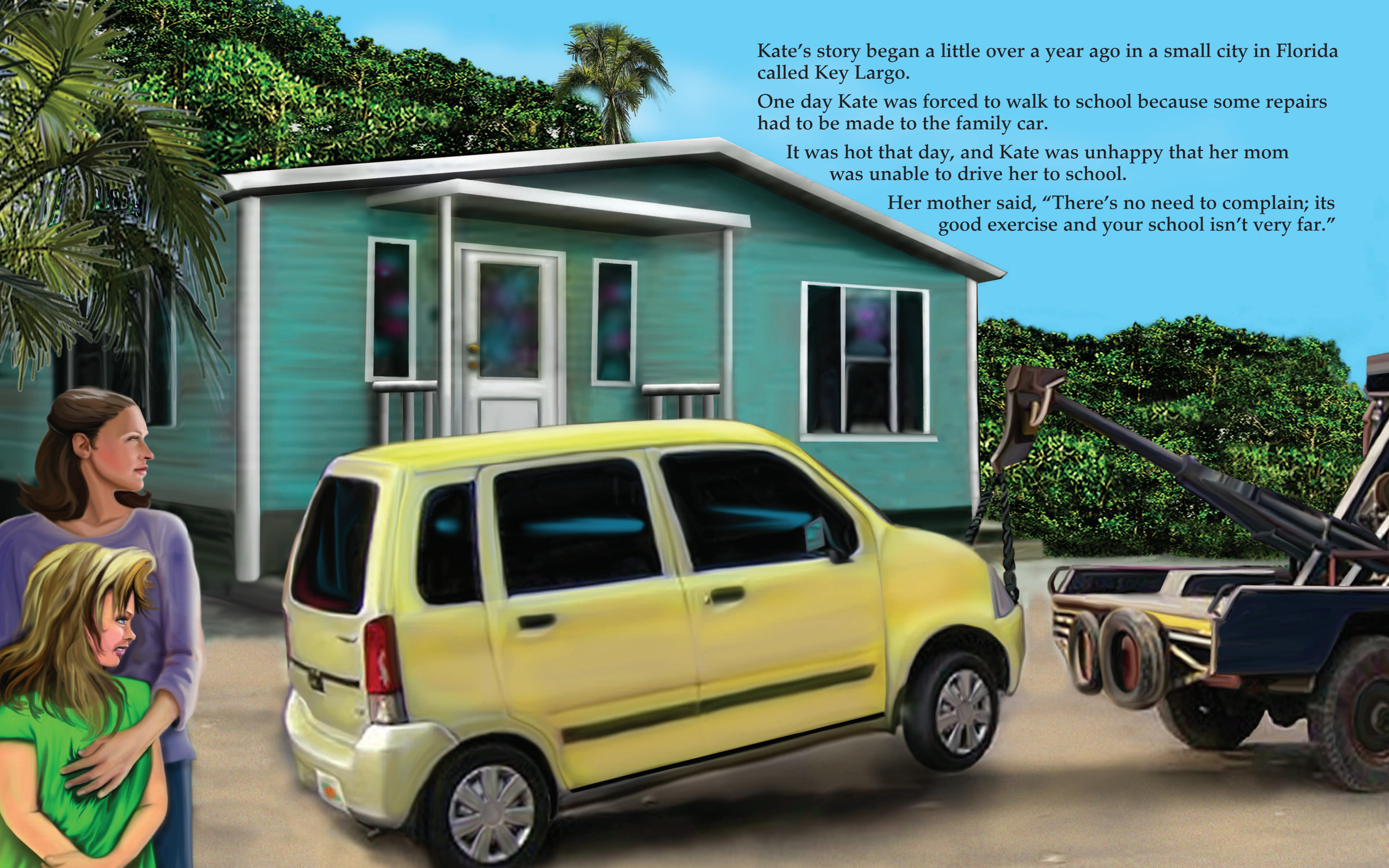


Kate's story began a little over a year ago in a small city in Florida called Key Largo.

One day Kate was forced to walk to school because some repairs had to be made to the family car.

It was hot that day, and Kate was unhappy that her mom was unable to drive her to school.

Her mother said, "There's no need to complain; it's good exercise and your school isn't very far."







The following day Kate met a girl named Jewel who was also walking to school.

Kate was happy that she didn't have to walk alone.

Jewel told Kate all about herself and that she actually enjoyed walking.

It turned out that although they had different teachers, both girls were in the seventh grade and both of them knew a girl named Joan.



Kate and Jewel might not have become best friends if Kate wasn't forced to walk to school.

It was amazing how much Kate and Jewel had in common, they just couldn't stop talking.

Both girls thought it would be extra special if Joan also walked with them, even though Joan's house was a little out of the way.

The three girls began walking together, and from start to finish there was non stop talking until they stopped walking.

