

In this space, WWP brings you ideas about how you and your fiancé can become fit to tie the knot. Our focus? Things couples can do together to prepare their bodies, minds and spirits for the Big Day.

Walk With Me

*“Come, walk with me,
There's only thee
To bless my spirit now...”*

- Emily Brontë

A Life Journey Begins With a Single Step

Yes, we've seen it all over the web, too. Iron men and women pumping weights, running marathons, and developing those ripped abs and triceps that you want for your wedding day. But let's face it: that level of physical zealotry is not for everyone!

So, why not just take a walk together? There is no lovelier metaphor for the life journey you are embarking on together. And the health benefits of regular walking are significant.

The Physical Benefits of Walking

You don't have to be an athlete to take a walk, but guess what? You and your sweetheart can each burn an average of 150 calories or more walking at a moderate pace for just 30 minutes! And the plusses of walking aren't confined to weight loss and muscle toning, either. Daily walking promotes higher energy, lowers stress, strengthens bones, lifts your mood and – get this – actually improves your balance and coordination! A little extra grace will come in handy when you strap on those fabulous heels to walk down the aisle.

The Mental Benefits of Walking

The German philosopher Friedrich Nietzsche once remarked, “All truly great thoughts are conceived while walking.” Nietzsche was admittedly a bit of a gloomy character, but we totally agree with him on this one! There is nothing like a good brisk walk to clear your mind and give you fresh perspective.

What if your daily half-hour walk with your fiancé becomes the time you discuss your hopes and dreams for your life together? Or what if, while marching in sync, the two of you dream up some inventive solutions to your wedding planning conundrums? Or what if you just turn your companionable walk into a much-needed mental break from your single-minded focus on the wedding? A good brisk walk can calm your mind, and help you both get the beauty sleep you need.

Straighten Up and Walk Right!

To get the full benefits of your daily stroll, check each other for good walking form.

- Your head is up and you look ahead, not down.
- Your back is straight but relaxed, and you swing your arms loosely, rocking from heel to toe as you step.
- You wear comfortable, loose clothes and walking shoes with good support.
- You walk purposefully and rhythmically, and fast enough to work up a glow.
- You stretch gently, both before and after walking.
- Buy pedometers and keep track of your daily steps. Along with watching what you eat, walking 10,000+ steps a day is enough to help you drop those few pounds.