**Is walking important? How much time do you spend walking?**

For my opinion, walking is very important for health every person. And I mean it is very important for our body and our mind.

But today our life is very busy, and the most people don’t have a time for walking.

Two years ago, when was my daughter born, I had a lot of free time and we were walking every day. She was in the baby pram and sleeped, and I walked for hours.

But now, we have a lot of things to do every day, I have a job, my husband too, our daughter goes to the kindergarten. We go to work and in the kindergarten by car, because it is very far from our house.

After that I have many obligations in the house, and our day is very short.

Specialy in the winter, because it gets dark earlier.

Every day we go to the park or to the playgraung, but there my daughter plays and I stand and watch. That is no walking for me, because the playgarden is across our building, and the park is very close to. She is very small and the walking is not interesting for her.

So, I spend very little time walking.

And one important things is that, we live in a city, there are a lot of cars and the air is very bad. And we need to get out from the city, for walking. But, for that we need a time.

My day was good. Today is very nice and sunny day. It rained yesterday, and for weekend was very bad weather. Cold and rainy.

My daughter had cold a couple days , and now she is get well. Today was her first day in the kindergarten after cold.

She is very small, and there are a lot of viruses in the kindergarten.

She doesn't like to going in the kindergarten. But, we must to work and we don't have other possibility.

Our weeken was bored and stressfull, because she had cold and we were at home. She didn’t have a temperature, but she was very sensitive and she was often cry.