

Crow Wing *energized*

making healthy choices essential

WALKING MEETINGS?

AMERICANEXPRSS.TUMBLR.COM

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REASONS TO WORK THEM INTO YOUR SCHEDULE

1. CAN MAKE YOU MORE
PRODUCTIVE

2. CAN HELP YOU
DE-STRESS

3. CAN INCREASE
ENERGY & FOCUS

5 SURPRISING THINKERS WHO SWORE BY THEM



ARISTOTLE

instructed students while strolling about—which fits with his students' being called "Peripatetics."



SIGMUND FREUD

conducted walking consultations and analyses. Freud conducted his first training analysis through a series of evening walks.



STEVE JOBS

made a habit of the walking meeting, especially for first encounters.



HARRY S. TRUMAN

woke up at five in the morning for a "vigorous" walk of a mile or two, "wearing a business suit and tie!"



CHARLES DICKENS

frequently walked around 20 miles a day and often did so at night. Walking was a means of both observing the cities around him and de-stressing.

INSPIRED BY NILOFER MERCHANT'S TED TALK
SOURCE: BLOG.TED.COM
BY JESSICA GROSS ON

TED