

ID	<h2 style="text-align: center;">The Positive Aspects of Walking</h2>	DURATION: 40 secs VO: Male Tone: Informational Pace: medium
TPAOW00	<p>These are the reasons, why you should start walking.</p>	
TPAOW01	<p>Honestly, you don't need to be fit for it.</p>	
TPAOW02	<p>It's up to you how far you want to walk.</p>	
TPAOW03	<p>Nobody is going to stop you, as it can be done anywhere and anytime.</p>	
TPAOW04	<p>For such a simple activity, it can help with your mental and physical health.</p>	
TPAOW05	<p>Mentally, it just puts you in a better mood and reduces stress.</p>	

TPAOW06	Physically, it's just easier on the joints, so don't expect injuries.	
TPAOW07	200 calories can be lost in a 30-minute brisk walk, better than sitting down.	"two hundred", "thirty"
TPAOW08	Zero cost for transport.	
TPAOW09	When you are done, you feel motivated to work or study.	
TPAOW10	So, stop listening to my voice and start walking.	