

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

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.	