According to the Mayo Clinic, walking is a safe, natural exercise that can improve physical fitness and health. Weight loss, lower blood pressure and LDL (the so-called "bad cholesterol"), higher HDL (the "good cholesterol"), and feeling more positively are among the benefits of walking. These get-started guides provide tips, motivation, and ideas for adding walking to your lifestyle:

- Mayo Clinic
- American Heart Association
- The Walking Site
- Healthy Hawaii

Walking Maps

**HCC Walking Map**
Courtesy of Charles Miller, Varouny Sybounmy, and Brett Bulseco

**UH Manoa Campus Walking Map**
Courtesy of the College of Tropical Agriculture & Human Resources and Cooperative Extension Services

**Oahu Fun Fitness Maps**
Twelve scenic walks: Ko Olina Beach, Aiea Loop Trail, Waimanalo Beach Park, North Shore Beaches, Kailua Beach Park and Lanikai Bike Path, Blaisdell Park and Pearl Harbor Bike Path, Hoomaluhia Botanical Garden, Magic Island and Ala Moana Beach Park, San Souci Beach and Kapiolani Park, Maunawili Trail and Access Road, Kealia Trail and Access Road, and Makapuu Lighthouse Road. Provided by Healthy Hawaii.

**MapMyWalk.com**
Logs over 300 walking routes in Honolulu, contributed by volunteers from all over the island. Search for walks in Hawaii and all over the world!

**Hawaii Walks**
Walking tours and trails throughout the Hawaiian Islands, courtesy of Trails.com

"Get into shop shape!"
Nancy Arcayna of the Honolulu Star-Advertiser offers tips for fitness-ready power-shopping and mall-walking

Make your walk a scenic experience with **Frommer's Walking Tours**:
- Historic Chinatown
- Honolulu Waterfront
- Historic Honolulu (Downtown)
- Kapiolani Park