

# **Download Busier Than Ever Why American Families Cant Slow Down**

We have a new method of doing our Letters to the Editor. As always, we encourage you to voice your thoughts on news and events in and around Polk County and beyond. Humans are built for walking, yet they walk less than ever. Since walking more is strongly associated with a wealth of health benefits, here's how to walk more. Kilroy, I'm not sure if you will get this message because yours was posted so long ago, but I figured I'd reply anyway. I just wanted to tell you, that from the little bit you wrote, I think you are an extremely strong and brave person. Did the single day R2R (NK to BA) for the second time in less than a year. Brought a friend this time. We went fairly slowly on the way down, which only made it that much hotter by the time we crossed the river.