

posture needs to be straight and adamant, you take out your right leg first. It touches the sturdy ground beneath it and embraces it. Instantly the other feet goes up, so that you are on your front leg and even before you are aware the other one goes down. It is a continuous process resulting in muscle co-ordination and skill. Even gaining mastery over a proper walk is noteworthy. If you have walked properly, in the confines of your room, you will feel exhilarated.

In many countries, the culture of walking has greater significance. In places which are aware and raising awareness on global warming, the people have opted to riding bicycles and walking. If the workplace is near, walking is just the best option as it does not need any fuel (unless you are talking about the human fuel-food) and it does not pollute the environment. In Bangladesh, this culture is yet to sprout its full potential as people still are not sensitised about such issues. Not only that, nobody wants to walk in the dirty, littered and spit-struck roads of Dhaka. In recent years there had been a change though as Dhanmondi's Park, Gulshan Park and Crescent Park becomes a walkers/joggers zone. Even housewives put on their trainers, tie up their duppattas around their waist and start their march. However there needs to be many more such zones where people can inhale, exhale pure air while enjoying a long walk.

Walking is therefore important in every walk life. It is perhaps the most important thing , as well as the most exhilarating thing that we learn when we take our first step in life.

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