

[Warrior Walker exercises his message on KU's campus](#)

He's walking the walk. Stanley Bronstein, a 51-year-old Scottsdale, Ariz., resident, spent about five hours Monday morning walking on Kansas University's campus.

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Photo by Mike Yoder

Stanley Bronstein, 51, aka the "Warrior Walker", walks around the KU campus Monday, Sept. 13, as part of his five hour daily walking exercise. Bronstein is walking 5 hours in 50 U.S. states to raise awareness of the need for Americans to exercise daily. Bronstein choose Lawrence as his place to walk in Kansas.

Bronstein — who calls himself Warrior Walker — is raising awareness about the importance of exercising and eating right, one step at a time.

“You are going to feel so much better if you will start walking — even if it's 15 or 20 minutes a day, just start,” he advised. “The motivation will build. You will feel better, and as you get better and better and better, you will keep going.”

About two years ago, he was returning from a family function with his older brother. They were on an airplane and he couldn't get the seatbelt around his waist. He weighed about 325 pounds.

“My brother is a fitness fanatic and I was so embarrassed,” he said.

That was the moment that got him to start moving. First, he walked in a swimming pool, and then he put on his sneakers.



Photo by Mike Yoder

Stanley Bronstein, 51, of Scottsdale, Ariz., walks around the KU campus Monday, Sept. 13, 2010, as part of a national tour to raise awareness about the importance of exercise. He tries to visit college towns, so he can reach out to students.

“One of the things that happens when you walk a lot is you have a lot of time to think, and when you think, you start coming up with ideas,” he said.

He came up with this “crazy idea” to walk five hours in all 50 states and Washington, D.C., and to do it between Aug. 10 and Nov. 26. So far, he’s walked about 4,000 miles and Kansas was his 18th state to visit.

Bronstein said he walks in college towns because he wants to reach out to students.

“They are our future,” he said.

Sunday he was in Fayetteville, Ark., and Saturday he was in Norman, Okla.

“That was quite an interesting experience to see all of the electricity and all the tailgaters and smell the barbecue and beer at 8 o’clock in the morning,” he said with a grin.

While walking on KU’s campus, Bronstein said he observed students waiting to take the bus. He did the same thing as a college student at the University of Texas.

“I used to take the shuttle bus also, and now I am going, ‘Boy, I should have walked,’” he said. “I mean this campus is big, but not that big. It’s a pretty day. It’s 65, 70 degrees outside. We should be walking.”

Wearing a fanny pack around his waist and carrying a bottle of water, he walked around KU’s hilly campus from 6:45 a.m. to noon. He stopped and took a few pictures along the way.

“In the beginning, I was having to force myself to exercise. Now, it is a privilege to go walking every day,” he said.

Bronstein has lost about 100 pounds and now weighs about 225. He wants to lose more. While on the road, he avoids restaurants as much as possible. He said the salty, fatty foods are too tempting along with the big portion sizes.

“That’s what got me fat in the first place. My eyes are bigger than my stomach,” he said.

His next stops include: Columbia, Mo.; Lincoln, Neb.; and Ames, Iowa.

Bronstein, a certified public accountant and attorney, is working while on the road thanks to his BlackBerry and laptop.

He has started a website, iwarriorwalk.com, where anyone can sign up and track their own miles, or follow his journey. Bronstein estimates he will spend about \$10,000 on the project, which includes flights to Alaska and Hawaii.



Photo by Mike Yoder

Stanley Bronstein, 51, aka the "Warrior Walker", walks around the KU campus Monday, Sept. 13, 2010.

His tour culminates with a national event, “Walk Friday,” on Nov. 26 — the day after Thanksgiving also known as Black Friday.

Bronstein hopes the event will encourage Americans to begin a program of walking at least 30 minutes per day for at least five days per week.

“If you go to the mall, fine, but I want you to walk 30 minutes in the mall before you start spending money,” he said. “Get your exercise, and then I want you to walk the day after that and the day after that.”

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