

Walking...

It's a Step in the Right Direction



Walking Your Way To A Healthy Heart

Walking is a fun and easy way to get 30 minutes of recommended physical activity each day. It can be done any where and at any time!!!

Benefits of Walking

Walking is a great way to condition your heart and lungs. It's best to walk for 30- 60 minutes a day three to four times a week. It is okay to split your 30 minute walk into three 10 minute or two 15 minute sessions

Walking will....

- Control Blood Pressure
- Help Lower Cholesterol
- Give You More Energy
- Help You Relax And Feel Less Tense
 - Tone Your Muscles
 - Burn Calories
- Help Control Your Appetite
- Improve Your Self Image



Is It Okay For Me To Start A Walking Program?

Consult a Doctor before starting if:

- Your doctor said you have a heart condition
- During or right after exercise, you have chest pains or pressure in the left or mid-chest area, left neck, shoulder or arm
- You have developed chest within the last month
- You lose consciousness or fall over due to dizziness
- You are breathless after mild exercise
- You are taking medicine for high blood pressure or a heart condition
- You have bone or joint problems
- You are middle-aged or older and have not been physically active
- You have a medical condition or other physical problem

If none of these conditions apply to you can gradually start on a program that is designed to meet your needs.

How Do I Get Started On A Walking Program?

It is very important to design a program that will work for you.

Choose A Time A Day

To make sure that your program is successful choose a time a day and then stick with that specific time. Choose a time when you have the most energy whether it is in the morning, on your lunch hour, or at the end of your day.

Find A Place To Walk

Design a program that you can do year-round. Choose a place where you can walk all the time. For outdoor walking choose a place with a smooth, soft surface that is free from traffic like your area park. When the weather is bad move indoors. Walk around an indoor track at a school or a shopping mall.

Make sure where ever you walk is well lighted!!

Choose A Walking Partner

It's ok to walk alone but a partner will make walking more enjoyable and help you stick with your program. Make sure that you and your partner can keep the same schedule and walk at the same pace.

Choose Proper Walking Attire

Make sure to wear shoes with thick, flexible soles that will cushion your feet and absorb shock for the rest of the body. Wear clothes that is right for the season. Cotton clothes for the summer help to keep you cool by absorbing sweat and allowing it to evaporate. In colder weather, layer your clothing and as you warm up, you can take off some layers.

Warm Up Before You Begin Walking

Warming up your body is very important in preventing injury and preparing the body for strenuous exercise. It also helps prevent soreness and improves performance. Begin your warm up by walking slowly for 5 minutes and then do some stretching exercises.

Your Walking Program

Set a pace that does not push you to hard. Try to do at least 3-4 walking sessions a week.

Each session should be made up of a five minute warm up, an exercise period 30-60 minutes long, and a five minute cool down.

Make sure your pace is not to fast. Reduce your pace if:

- You are unable to speak in a normal tone while walking
- It takes longer than five minutes for your pulse to slow down after you exercise
- You feel faint, have a hard time breathing or prolonged weakness

Here is an example of walking program. This program can be changed in order to meet your specific needs or you can develop your own program.

<u>Weeks</u>	<u>Exercise</u>	<u>(Warm up + exercise + cool down)</u>
1	Walk briskly 5 min.	15 min.
2	Walk briskly 7 min.	17 min.
3	Walk briskly 9 min	19 min.
4	Walk briskly 11 min.	21 min.
5	Walk briskly 13 min	23 min.
6	Walk briskly 15 min	25 min.
7	Walk briskly 18 min.	28 min.
8	Walk briskly 20 min.	30 min.
9	Walk briskly 23 min.	33 min.
10	Walk briskly 26 min.	36 min.
11	Walk briskly 28 min.	38 min.

12

Walk briskly 30 min. 40 min.

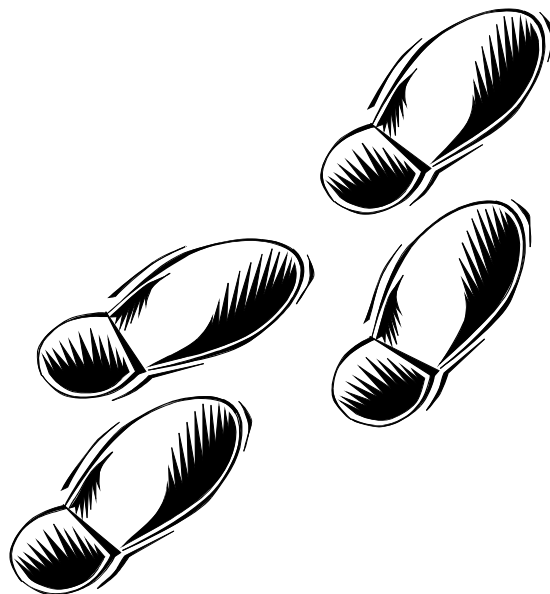
Cool Down After Your Walk

It is very important that you have a cool down routine after your walk. A cool down helps your heart rate come down and it helps your body return to it's normal state. A cool down should consist of a slow 5 minute walk followed by stretches to prevent muscles soreness.

Make Sure You Have A Safe Walk!!

Make sure to keep safety in mind when you begin your walking program.

- Plan your route and time of your walk and inform family members
- Walk in the daytime or at night in well-lighted areas.
- Walk with a partner or in a group
- Notify your local police of your group's walking time and route
- Do not wear headphones
- Be aware of your surroundings



Make Sure You Warm Up !!

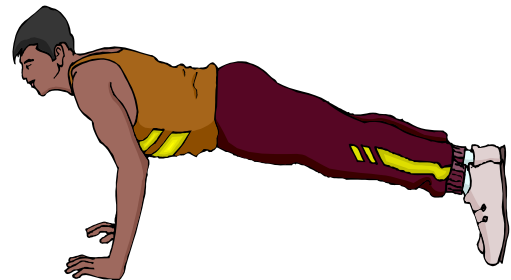
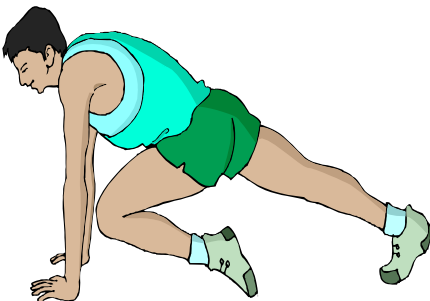
Warming up is very important in order to prevent injury and to prepare your muscles for exercise. Make sure to start your warm up slow with a 5 minute walk followed by some stretching exercises.



Sit-ups: 20-30 sit-ups will help increase blood flow to your muscles and lungs.

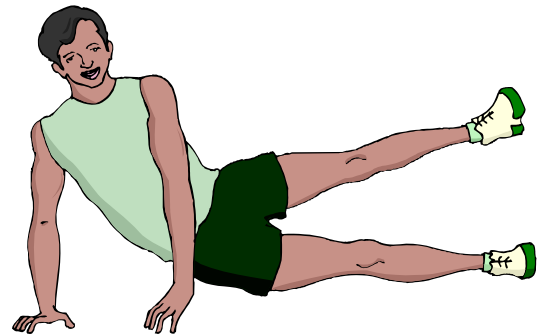
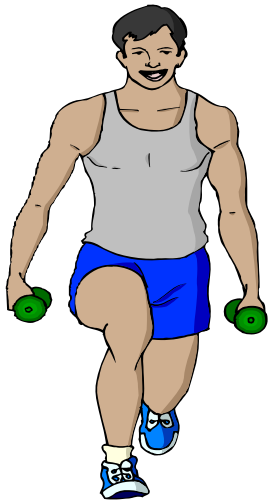


Thigh stretch: Make sure to stretch to each side. Hold the stretch for 10 seconds and make sure not to bounce which could cause injury.



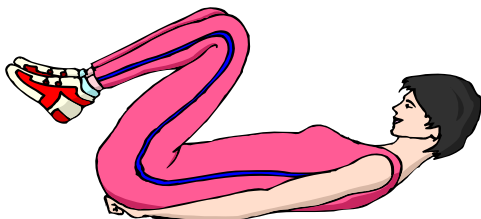
Calf stretch: A great way to loosen up the muscles of the lower leg. Do each stretch on each side and hold it for 10 seconds

Push ups: 10- 20 push-ups will help loosen up the muscles of the arms and chest.



Leg dips: This stretch can be done with or without weights and is a great way to loosen up the muscles of the upper leg. Do 5-10 repetitions on each leg.

Leg lifts: A great way to stretch out the muscles in the hip, back, and upper leg. Do 5- 10 repetitions on each side.



Leg extensions: A good stretch for your stomach, back, and hip muscles. 10- 15



Upper Body Stretch: Place your feet shoulder width

repetitions help prepare you for your walk.

apart and reach up till you feel a stretch in your side. Hold the stretch for 30 seconds. Relax and repeat on both sides.