

Taking the First Step

Walking right is very important.

- ☑ Walk with your chin up and your shoulders held slightly back.
- ☑ Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- ☑ Walk with your toes pointed forward.
- ☑ Swing your arms forward as you walk.

Aerobic Exercise

Aerobic exercise describes any type of exercise, typically performed at moderate levels of intensity for extended periods of time that increases your heart rate.

- ☑ Aerobic exercise confers many health benefits. It burns calories very effectively and, if performed regularly, can also increase the basal metabolic rate, both of which aid in weight loss.
- ☑ Examples of aerobic exercises that are easier on your joints include walking, swimming and riding a bike.
- ☑ Try to work your way up to 20 to 30 minutes of aerobic exercise 3 times a week for improving overall fitness.

A Sample Walking Program

(If you are just starting out)

Warm Up Time	Fast Walk Time	Cool Down Time	Total Time
WEEK 1			
Walk slowly 5 min.	Walk briskly 5 min.	Walk slowly 5 min	15 min.
WEEK 2			
Walk slowly 5 min.	Walk briskly 8 min.	Walk slowly 5 min	18 min.
WEEK 3			
Walk slowly 5 min.	Walk briskly 11 min.	Walk slowly 5 min	21 min.
WEEK 4			
Walk slowly 5 min.	Walk briskly 14 min.	Walk slowly 5 min	24 min.
WEEK 5			
Walk slowly 5 min.	Walk briskly 17 min.	Walk slowly 5 min	27 min.
WEEK 6			
Walk slowly 5 min.	Walk briskly 20 min.	Walk slowly 5 min	30 min.
WEEK 7			
Walk slowly 5 min.	Walk briskly 23 min.	Walk slowly 5 min	33 min.
WEEK 8			
Walk slowly 5 min.	Walk briskly 26 min.	Walk slowly 5 min	36 min.
WEEK 9 & Beyond			
Walk slowly 5 min.	Walk briskly 30 min.	Walk slowly 5 min	40 min.

If you walk less than 3 times per week, increase the 'fast walk' time more slowly.

Walking



...A Step in the

Right

Direction!

Call
661-861-0852
for more information



Healthy Eating and Active Living

www.getmovingkern.org

Why Walk?

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a comfortable pair of shoes with sturdy heel support.

Walking will:

- ☑ Give you more energy
- ☑ Make you feel good
- ☑ Help you relax
- ☑ Reduce stress
- ☑ Help you sleep better
- ☑ Tone your muscles
- ☑ Help control your appetite
- ☑ Increase the number of calories your body uses.

Safety Tips

Keep safety in mind when you plan your route and the time of your walk.

- ☑ Walk in the daytime or at night in well-lighted areas.
- ☑ Walk in a group at all times.
- ☑ Do not wear jewelry.
- ☑ Do not wear headphones.
- ☑ Be aware of your surroundings.

Is it okay for me to walk?

Answer the following questions before you begin a walking program:

- ☑ Has your health care provider ever told you that you have heart trouble?
- ☑ When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, jaw, or arm)?
- ☑ Do you often feel faint or have dizzy spells?
- ☑ Do you feel extremely breathless after you have been physically active?
- ☑ Has your health care provider told you that you have high blood pressure?
- ☑ Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?
- ☑ Are you over 50 years old and not used to a lot of physical activity?
- ☑ Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?

If you answered yes to any of these questions, please check with your health care provider before starting a walking program or other form of physical activity.

When Counting Steps About:
2,000 = 1 mile
10,000 = 5 miles

How do I start a walking program?

Leave time in your busy schedule to follow a walking program that will work for you. In planning your walking program, keep the following points in mind:

- ☑ Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- ☑ Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- ☑ Wear clothes that will keep you dry and comfortable. Look for fabrics that absorb sweat and remove it from your skin.
- ☑ For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a hat with a brim or a visor.
- ☑ Do light stretching before and after you walk.
- ☑ Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the main part of your walk. Finally, to cool down, walk slowly again for 5 minutes at the end.
- ☑ Try to walk at least 3 times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.