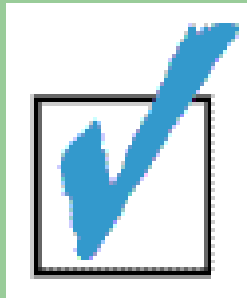


All About Walking

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

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Types of Walking: Standing and Intermittent Walking

- Activities such as cooking, gardening or office work
- It provides little cardiovascular benefit but adds to your daily activity level-keeps from being sedentary
- Try to stay on your feet for a total of one hour a day, in addition to your regular exercise



Types of Walking: Strolling or Casual Walking (2 mph)

- Activities such as shopping or walking with small children
- It does not provide an adequate workout for your heart and lungs
- But it does get you off the couch and can provide social and emotional benefits



Types of Walking: Purposeful or Functional Walking (2-3 mph)

- Gets you where you are going
- Walking the dog around the block
- Walking across complex or campus
- It is not intense enough for an aerobic training effect, but if done long enough it burns calories, helps circulate the blood and clear the cobwebs
- This is not the walk which gives you the benefits you need for Balanced Lifestyle



Types of Walking: Hiking or Distance Walking (2-5 mph)

- Walking for fitness and pleasure
- You can enjoy fresh air and scenery as well as the company of friends and family
- This is not the walk which gives you the benefits you need for a truly Balanced Lifestyle



Brisk Walking, Fitness Walking, or Exercise Walking (3-5 mph) *IDEAL*

- To achieve health benefits if done often, hard and long enough
- When done properly, numerous health and fitness benefits are derived
- Risk for heart attacks and other degenerative diseases is reduced
- Highly recommended for our program members-since it fits all lifestyles over the ages



Types of Walking: Striding or Aerobic Walking (4 mph)

- The length of stride is extended and the arms are pumped or used in an exaggerated manner
- The extra effort of the arms and legs increases the intensity of the workout as well as the calorie burn rate
- Difficult to maintain since it is for weight loss plans but not for Balanced Lifestyle lifelong program



Types of Walking: Intermittent or Interval Walking (2-3 or 3-5 mph)

- Walking done at alternating speeds
- Example, one minute of striding or fast walking is alternated with one minute of regular walking
- This method may add variety to your workout and help you achieve a faster pace when walking at a steady speed



Types of Walking: Power Walking or Weighted Walking (3-5 mph)

- With weights on the hands, wrists, trunk or waist
- Weighted workouts increase the intensity of the workout, calorie burn rate and provide upper body toning with the hand or wrist weights
- Risk of increased strain on the joints



Types of Walking: Climbing (2-5 mph)

- **Climbing: Stairs, Hills, Mountains, Aerobic Climbers, Inclined Treadmills**
- Fitness walking done to increase the intensity of the workout
- It is an advanced technique and not recommended for unfit beginners



Types of Walking: Treadmill Walking (3-5 mph)

- Done on a treadmill indoors
- On some models, the speed and the degree of incline can be adjusted
- It is great during bad weather or for watching television while walking
- A no excuse model, not dependent on weather conditions and can be used for the recommended brisk Walking, Fitness Walking, or Exercise Walking (3-5 mph)



Types of Walking: Race Walking (6-9 mph)

- Competitive walking for conditioned athletes
- It is a form of walking popular with those who are interested in walking for fitness, but not necessarily for competition
- Race walking involves a technique that needs to be learned and practiced
- We are not grooming Race Walkers in the Balanced Lifestyle Program



Calories Burned by Walking (Calories per mile burned)

Pace @ mph	100 lbs	125 lbs	150 lbs	175 lbs	200 lbs	225 lbs
3.0	52	66	79	92	105	117
3.5	54	67	80	94	107	121
4.0	58	72	87	101	116	131
4.5	65	81	97	113	129	146



Calories burned by walking

- DO NOT FORGET
- You have to subtract the number of calories you naturally are burning by just being alive and awake
- DO NOT count just on burning calories by walking to help you lose and manage your weight



Walking as an exercise workout

- Walking is one of the best fitness activities there is
- It's easy
- It can help you lose and keep off weight
- It's good for your heart
- Risk of injury is virtually nil for the recommended brisk walking



Walking as an exercise workout

Positives

- Walking is inexpensive and low tech
- All need is sturdy pair of walking shoes
- You can adjust pace, technique & terrain to accommodate your fitness level
- Walking is one of the best exercise for strengthening bones, controlling weight, toning the leg muscles, maintaining good posture & improving positive self-concept



Walking as an exercise workout

Negatives

- Some people find walking a bore
- It may take you longer to lose weight on a walking program than it would with some other forms of exercise, especially if you don't pick up the pace at least some of the time



Get the most out of your walking workout

- Keep your head up and centered between your shoulders & your shoulders back & down – Watch Your Posture!
- Your chest should be lifted and your abs strong
- Your arms should be bent at 90 degrees.
- Swing them back and forth - not side to side
- Keep your hands loosely cupped



Get the most out of your walking workout

- Power your movements from your hips rather than your thighs but keep your hips loose and natural
- Take short, fast strides that still feel natural rather than awkward
- Keep an even stride. Roll forward on the ball of your foot, push off from your toes and land heel first
- Don't forget to breathe deeply!



Get the most out of your walking workout

- Be consistent & choose specific time to take your walks each day & stick to plan.
- Establish walking as a regular habit
- Work up to 30 to 60 minutes of brisk walking at least three times a week.
- Allow adequate time for warm-up before walk & cool-down period after walk



What you need to make your walking workout work for you

Requirements:

- Gear: Walking shoes, comfortable clothing
- Facilities: Anywhere but you might want to try a track, treadmill or trail
- Time: 30-60 minutes, 3-6 days a week.



Additional Tips to get the most out of your walking workout

Rehydrate

- Always replenish your body with fluids depleted by aerobic activity
- Drink 8-10 oz water for every 20 min of activity
- Water is preferred drink for exercise sessions lasting one hour or less
- For activities exceeding 1 hour, consider sports drinks to replenish lost electrolytes



Additional Tips to get the most out of your walking workout

Clothing

- Choose loose fitting garments that allow your body's heat to evaporate
- Consider the new sport fibers that whisk away moisture, preventing chafing of the skin
- Wear reflective clothing at night



Additional Tips to get the most out of your walking workout

Shoes

- Select a lighter weight walking shoe
- Look for extra shock absorption in heel & ball of the shoe - Shock absorption is crucial to avoid heel pain & burning or tenderness in the ball of the foot
- A low heel slightly beveled in the rear helps accommodate the heel strike & forward roll of the foot.



Additional Tips to get the most out of your walking workout

Shoes

- Make sure you select a good walking shoe that addresses any special needs for your feet or legs
- If you have chronic problems seek medical advice
- You may need orthotics before engaging in a long-term walking program



Additional Tips to get the most out of your walking workout

Exercise in healthy environments

- If the outdoor temperature is high with excessive humidity (greater than or equal to 75 degrees F with greater than or equal to 60% humidity) exercise inside with air conditioning
- If the weather is below 40 degrees F, dress warmly and in layers



Additional Tips to get the most out of your walking workout

Exercise in healthy environments

- To avoid air pollution, exercise in the early morning or late afternoon and away from car exhaust
- If you have a respiratory condition, check with your doctor or refrain from exercising during extreme cold & high pollution days unless exercising in a controlled indoor environment



Additional Tips to get the most out of your walking workout

Exercise in healthy environments

- Protect yourself from lightning & storms
- Avoid unfamiliar or dangerous places
- Walk on sidewalks and safe pathways preferably with a friend
- Always carry identification and obey all traffic laws



Fitness Walking: 5 Minute Warm-up & Cool Down

- Prior to walking do short routine of static stretches (each stretch held for approximately 8-10 seconds) for upper & lower body, e.g. back, calves and shins
- Simple warm-up – 5 min easy striding pace
- The easier pace allows heart rate & blood pressure to climb gradually to your training level



Fitness Walking: 5 Minute Warm-up & Cool Down

- You should end vigorous walking with leisurely-paced strolling for another two to three minutes, allowing time for your cardiovascular system to adjust to a pre-exercise level
- Recovery heart rate is generally taken two to five minutes after aerobic exercise
- Quicker your heart rate recovers to its pre-exercise level better shape you're in



Walking Stretches

- To reduce risk of injury and soreness, do the following stretches at the beginning and end of your walks
- Hold each of these stretches at the point of tension for 10 seconds
- Then repeat each stretch for the opposite side



Walking Stretches



- **Achilles/Calf Stretch**
- Keeping both feet pointing forward, bend your front knee and press your back heel into the ground



Walking Stretches



- **Hamstring Stretch**
- Gently straighten both legs as you lean your body forward



Walking Stretches



- **Quadriceps Stretch**
Gently grasp your ankle with the opposite hand, pointing your knee to the ground



Stretching Flexibility Routine

- Stand on the right leg, bend the left leg so that knee is facing ground & reach behind grabbing left ankle with left hand
- Now slowly use left hand to bring left leg further behind the body, lifting slightly up at the same time Be sure to keep both hips facing forward Use right hand steady self against tree or pole Hold position till feel pleasant stretch through front of left thigh & then repeat on right side



Walking Stretches



- **Side Stretch**
Keeping your hips steady and knees slightly bent, gently reach overhead to one side



How to get started with Walking for Exercise – Use *FIT* formula

F=Frequency (How often you should walk)

- You need to exercise at least 3-5 times a week to get the minimal benefits

I=Intensity (How fast you should walk)

- The general rule is to walk at a pace of 3-5 miles an hours

T=Time or (How long you should walk)

- You should walk for a minimum of 30 minutes a day



How to use walking as way of acquiring or maintaining fitness

- Find way to introduce some variety & spice into your walking program
- Once adaptation to certain level of exercise occurs, body is no longer working very hard to accomplish what once may have taken lot of effort
- If body coasts along with no discernible effort, a lot of the benefits you're getting from your exercise may be compromised



How to use walking as way of acquiring or maintaining fitness

- Recent article in Sports Medicine noted that *'the intensity of the exercise may well determine some of the possible benefits'*
- So while we all know that any walking is better than none, longer and more intense walks may lead to a lot more benefits than doing the 'same ole same old'



How to use walking as way of acquiring or maintaining fitness

- Make walks a kind of interval training
- 30-90 seconds of fast walking alternated with intervals of slower walking
- Alternate fast walking interval with short sprints, step-ups on a park bench, walking lunges
- End workout with some core work for abs and some stretching
- Result-walking=complete fitness program



How to use walking as way of acquiring or maintaining fitness

- Include stretching since pulls, strains & other “runner” problems can happen to walkers
- Warming up is usually done by beginning your walk at slower pace
- **Remember** muscles respond best to stretching when warm Don't go out on cold day & begin to stretch-Stretches best done after workout or after warm-up



Walking at 10 minute intervals counts

- A recent study conducted at Stanford University took a group of people and divided them into two groups
- Half exercised for 30 consecutive minutes
- Other half exercised in 10 minute intervals - once in the morning, afternoon, & evening



Walking at 10 minute intervals counts

- At the end of the study, both groups increased their fitness levels at the same amount and at the same pace
- So, not having a consecutive half hour is no longer a reason not to get up and get moving!
- If you only have 10 minutes, use it to your advantage



Walking at 10 minute intervals counts-How to sneak in 10 minutes:

- Always have an extra pair of walking shoes in your car
- Park ten minutes away from your office
- Take the stairs
- Instead of a coffee break take a walking break
- Use at least ten minutes of your lunch time for walking



Walking at 10 minute intervals counts-How to sneak in 10 minutes:

- If after work you are waiting for your kids' at lessons or practice - Walk!
- Plan walks & schedule in Day Planner
- Recognize how much better you feel when you get back to your desk
- Look at your walk as a welcomed break from work, not as a disruption
- Let co-workers know what you are doing
Some will want to join in



Walking at 10 minute intervals counts-How to sneak in 10 minutes:

- If you are feeling tired and unmotivated, you may need a snack
- Low blood sugar level can make you feel lack luster
- Set short term goals and plan a reward:
- *“This week I will walk 5 times or 8 miles or a total of 2 hours”*



Walking at 10 minute intervals counts-How to sneak in 10 minutes:

- After you reach your goals make sure you reward yourself - a new walking t-shirt, tape, shoes, flowers, massage
- Set a long term goal and shoot for something even bigger -a fully planned vacation



Walking Online Resources

- About Walking: <http://walking.about.com/>
- Walking Techniques for Beginners:
<http://walking.about.com/cs/beginners/a/howtech.htm>
- How to Walk for Beginners:
<http://walking.about.com/cs/beginners/a/blhowprepare.htm>