

WALKING FOR BETTER HEALTH



One Step at a Time



Track Your Steps

A pedometer is a small, inexpensive device that attaches to your waistband and records how many steps you take. Some models also record distance and time. Set “step goals” for the week and keep track of your progress.

Suggestion: Wear your pedometer all day to find out how many steps you take without even trying. Add a few hundred steps every two weeks.

STEPPING OUT SAFELY

Take natural steps, not giant strides.

Taking big steps can stress your calf muscles and overextend your knees.

Use talking to judge intensity. Easy talk = casual pace, halting speech = brisk pace, and can't speak = too fast.

Lace up properly. Properly fitted well-cushioned walking shoes help prevent blisters and shin, knee and heel pain.

Drink plenty of fluids. This is especially important on hot days when your body can lose up to a quart of fluid per hour.

Be in the know. Walk in familiar, well-populated areas and make sure someone knows your route.

Open your ears. Your safest bet is to leave the earphones at home. If you do wear them, lower the volume so you can hear sounds around you.

Stay on the sidewalk. If no sidewalk is available, walk against oncoming traffic so you can see vehicles approaching.

Stay in sight. If you walk at twilight or after dark, wear reflective materials. At any time, wear light-colored clothing that is easy to see.

Keep in touch. Bring a cell phone or change for a phone call in case of an emergency.

Carry identification. Put your name, address, phone number and emergency contact information (such as a friend, family member or neighbor) in your shoe or tie it to your shoelace.

Final thought: You don't need a lot of preparation, fancy equipment or know-how to start a walking program that works. Simply take a few more steps each day, and walk your way to better fitness and health.



BUDDY UP

Good conversation can make the steps fly by. Try starting a walking club. **Here's how:**

- **Recruit.** Ask friends, family or co-workers, or post fliers around town.
- **Meet.** Hold your first meeting at a neutral location such as a coffee shop, mall or library. Set goals for the group and determine interest.
- **Plan.** Decide how often the group will walk together, the route, meeting place and time, and how long you will walk.
- **Organize.** If your group stays together, you might consider having T-shirts made, creating a newsletter or entering charity walks together.

There's safety, motivation and fun in numbers. View walking as a social occasion as well as an exercise session, and your destination will be *success*.



DID YOU KNOW?

The American Heart Association says a program that includes fast walking can significantly help stroke sufferers recover cardiovascular fitness, muscle coordination and strength, posture, balance and range of motion.

Note: If you've had a stroke, talk to your health care provider before you increase your exercise level.

WHY WALK?

You do it every day, and chances are you rarely think twice about it. Walking, the way you move from point A to point B, will also bring you these health benefits:

- Reduce your risk of heart disease.
- Lower high blood pressure, or keep normal blood pressure on track.
- Reduce your risk of type 2 diabetes, or manage the condition if you already have it.
- Help you maintain a healthy weight, or lose weight if you need to.
- Reduce your risk of developing osteoporosis.
- Manage stress and help you feel more positive.
- Sleep better.

What are you waiting for? Lace up your walking shoes and head out the door for the easiest of workouts. This brochure can help you start and stick with a walking program.

Start Off On The Right Foot

How you begin your walking program can set the stage for a lifetime of healthy activity. If you are unaccustomed to exercise, first check with your health care provider to be sure walking is safe for you. Then, design a program you can stick with.



WARM UP & STRETCH

As you begin walking, do a 5-minute body warm-up using your largest muscles repeatedly (such as arm swings and back rotations) prior to brisk walking. This helps stimulate your muscles' range of motion and reduce joint stiffness and post-exercise soreness. (Never stretch a "cold" muscle.) A good time to fit in stretching is after any brisk exercise. Hold your stretches to maintain and improve joint range of motion and overall mobility and flexibility.

READY TO WALK?

STEP

1 Start Slowly

Don't expect too much right away. Start out by walking at a moderate pace for just 10 minutes.

GOAL: Walk most days of the week, even for a few minutes.

STEP

2 Try a 3-Part Walk

Walk slowly for 5 minutes; increase your speed for 10-20 minutes; then end with 5 more minutes of slower walking.

STEP

3 Get Motivated

Set goals. Track your program in a walking journal. Record how far you walked, how long and how many times per week. Include health benefits you've experienced since you started walking — such as improved sleep, less stress or weight loss.

STEP

4 Stay Steady

Treat your walking workouts like an important appointment you can't miss. Increase your speed and time walked gradually. Add 2-3 minutes per week to the faster portion of your walk.

GOAL: Increase your walk time to at least 30 minutes per day most days.

STEP

5 Dress Right

Wear layered clothing that is appropriate for the season. Wear a hat in cold weather and put on sunscreen before you head out, no matter what the season. Look for synthetic fabrics that remove sweat from the skin and help it evaporate.

STEP

6 Beat Boredom

Vary your route, add a few hills or challenge yourself by increasing your speed. Walk with a friend or take the dog. **Tip:** Alternating days outdoors with walking indoors on a treadmill or at the mall can help you stick with your program.



BOOST ENERGY OUTPUT



Look for walking opportunities.

Take the stairs at work, walk the escalator and park farther from the door.

Walk **farther or quicker** as your endurance and leg strength improve.

Pump your arms, with your elbows close to your sides.

Consider carrying light hand **weights** (1-pound to start). **Note:** Consult your health care provider before starting any weight routine if you have high blood pressure or heart disease.

Alternate brisk walking with slower walking.

Change **walking surfaces** — grass, gravel and beach burn more calories than walking on pavement.

Burn more **calories** by walking uphill. **Tip:** Take it slowly and carefully on the downside to go easy on your knees.

Walking Off Weight

Aiming to lose 1-2 pounds per week is a sensible plan for long-term weight loss. To lose 1 pound, you will need to burn 3,500 calories more than you take in over the course of a week. **Try this:** Cut 250 calories from what you eat each day (sodas, snacks or high-calorie fast foods, for example) and also take a brisk walk. You can cut 500 calories per day this way — for seven days that would amount to 1 pound lost per week.

For a person weighing approximately 150 pounds

WALKING 3.5 MPH	CALORIES BURNED
Half hour	Approximately 120
1 hour	Approximately 240

WALKING 4.5 MPH	CALORIES BURNED
Half hour	Approximately 150
1 hour	Approximately 300



Walk A Day™ JOURNAL



Take your first step on the path to good health for life.

This Book Belongs to:

NAME

ADDRESS

PHONE

E-MAIL

ALLERGIES

MEDICATIONS

IMPORTANT CONTACTS

In Case of Emergency

NAME

PHONE

NAME

PHONE

Health Care Provider

NAME

PHONE

NAME

PHONE

Pharmacy

NAME

PHONE

Health Insurance Company

NAME

PHONE

POLICY NUMBER



Fitness Made Easy – with the Walk a Day™ Journal

No wonder walking is so popular - it's easy on your body, burns calories, builds muscle, doesn't require expensive equipment and can be done by almost anyone anywhere.

A walking routine – along with a nutritious diet – can reduce your risk of conditions such as type 2 diabetes, heart disease, hypertension, and osteoporosis.

Maintain a brisk pace and walk regularly, at least 5 days a week. Start with 10-minute sessions and gradually lengthen them. Short walks are beneficial, too – three 10-minute or two 15-minute walks that add up to 30 minutes each day improve your health.

Tip: You can burn more calories and increase muscle mass and heart health if you walk uphill, walk farther or walk faster. For example, a 30-minute walk by a 150-pound person at 2 mph or a 68-kilogram person at 3.2 km/h burns about 60 calories, while walking at 3 mph or 4.8 km/h burns about 90 in the same time frame.

Use this journal to track your daily progress: Distance/Number of Steps; Other Activity; Weight; Other; and Weekly Goals and Accomplishments (such as walk 5 times a week or cut 200 calories a day).

*Take your
first step on the
path to good
health for life.*

Staying On Course

Now that you've committed to walking for better health, you're probably looking for ideas to keep your walking routine from getting a little too routine:

- Change your ways. Find a more scenic route such as a park or nature trail – provided it's safe. If you typically use a treadmill, try walking outdoors. If you walk outdoors, try walking in a mall.
- Find a walking partner. A friend can keep you motivated. Dogs love walking, too!
- Energize your workout. Boost your pace or add a few hills to increase your heart rate. Walking uphill burns more calories than walking on a flat surface.
- Tweak your technique. For maximum benefit, watch your form: chin up, tummy in and shoulders back. Let your arms swing and your hips and legs move naturally.
- Step in time. March to music, but always stay aware of your surroundings. Earphones can be a safety risk if they keep you from hearing traffic or other hazards.

Note: Consult your health care provider before significantly increasing your exercise level.



As you start your daily walking program, keep these tips in mind to avoid strain:

1

Always warm up before vigorous exercise.

Simply walk normally for at least 5 minutes to gradually increase blood flow and reduce the risk of injury. Then pick up your pace.



2

Take normal steps, not big strides.

Let your leg motion be smooth and natural, with your heel striking first; push off with your toes at the end of each step.



3

Wear properly fitted walking or running shoes with wear-resistant, flexible soles. They help protect your feet as well as your legs and back.

Is Weight Loss One of Your Goals?

For many people weight loss is a primary health goal – one that can help you live better and longer. Losing just 10% of your current weight may significantly improve your health provided you keep it off.

How do you measure up?

One sign that you may be overweight is your waist circumference. To measure it:

- Run a tape measure around your body just above the highest point on each hip bone.
- A measurement of more than 35 inches or 88 cm (for women) or 40 inches or 102 cm (for men) may increase your health risks.

500 Rule: You can lose 1 lb or .45 kg a week by cutting 500 calories a day this way:

- Burn 250 calories in extra activity.
- Consume 250 fewer calories with smaller portions and fewer snacks.

If losing 20 to 30 lbs or 9 to 14 kg seems hard, focus on losing just 1-2 lbs or .45-.91 kg a week – that's 10 lbs or 4.5 kg in just 5-10 weeks.

Current Weight _____

Desirable Weight _____

Calories Burned in 10 Minutes of Walking

Calories burned for walking depend on the type of walking (for example, speed and terrain) and your weight. It takes more energy (calories) to move more weight. Amounts are approximate.

Activity Calories/ 10 minutes	120-130 lbs or 54-59 kg	140-150 lbs or 63-68 kg	160-170 lbs or 73-77 kg	180-190 lbs or 82-86 kg	200-210 lbs or 91-95 kg
Walking 2.0 mph or 3.2 km/h	20	20	30	30	30
Walking 3.0 mph or 4.8 km/h	30	30	40-50	50	50
Walking 3.5 mph or 5.6 km/h	30	40	40	50	60
Walking 4.5 mph or 7.2 km/h	40	40-50	50	60	60
Hiking	40	50	60	60-70	70
Snowshoeing	70	80-90	90-100	100	120
Stairclimbing, Treadmill	50	60	70	80	90

Walking Guideline: First, count the steps you take in one minute – each foot touching the ground counts as one step. Walk for 30 minutes at a moderate-intensity pace of about 100 steps per minute, or 3,000 steps (one mile ranges from 1,100 to 2,300 steps; one kilometre is 700-1,320 steps).

Moving target:
30 minutes a day of added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

I will ... _____

I accomplished ... _____

Renew your exercise goals. One way is to identify specific goals: Make them attainable yet challenging. Then create a plan and record your progress in a journal. “Seeing” your results can help make them a reality and keep you motivated.

Moving target:
30 minutes a day of
added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

I will ... _____

I accomplished ... _____

Exercise precaution during your workout: Increase your exercise intensity gradually to avoid injury. Stop if you become winded or dizzy or feel pain, strain or cramping. Don't "play" through your pain.

Moving target:
30 minutes a day of added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

GOAL *I will ...* _____
I accomplished ... _____

