

Walk

Walking is a great way to be more physically active. It's free, fun, and you can do it almost anywhere.



Here are six reasons to get up and walk:

- 1 Regular walking burns calories, which, in addition to a healthy diet, can help you manage your weight.
- 2 More than half of the body's muscles are designed for walking, which makes it a very natural movement for the body.
- 3 Regular, brisk walking has many health benefits.
- 4 Brisk walking is an aerobic activity. It makes your heart, lungs, and muscles stronger.
- 5 Regular walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
- 6 Walking can be a great time to share and socialize with friends and family.

Getting started:

- A little walking everyday is better than an occasional weekend bout of activity. Start with short, 10-minute walks and build from there.
- Consider using a pedometer to measure the number of steps you walk.
- Warm up before and cool down after activity.



- Choose routes that are interesting, safe, and convenient. Avoid heavy traffic, loose dogs, and rough or uneven ground. Remember hills are more difficult. You may want to start out on flat ground and progress to hills later.
- Walking with others can help motivate you and help to pass the time in an enjoyable way.
- Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.
- When it is very hot, walk during the coolest hours of the day, choose a shady route, and walk a little slower.
- When it is cold, watch for ice.
- Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- Wear comfortable, appropriate shoes.



SAMPLE 10-WEEK WALKING PLANS TO GET YOU STARTED

Plan for those who are beginning a walking program

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	10	10	15	18	20	20	25	30	32	35
Walks per week	2	3	3	3	3-4	4	4	4	4	4

Plan for those who are already physically active

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	20	22	25	30	30	35	35	40	42	45
Walks per week	3	3	3	3	4	4	4-5	4-5	4-5	4-5