

Just Start Walking!



Improve your health and fitness in as little as
20 minutes a day!

Why Walking...

- **Simple** - no instructors or membership needed.
- **Inexpensive** - no special equipment involved.
- **Achievable** - can be done nearly anywhere, anytime.
- **Easy** - just get up and walk!



Benefits of Walking

- Improves balance, coordination and spinal health.
- Increases aerobic fitness - improves heart and lungs function and aids in weight-loss.
- Decreases bone loss.
- Improves blood and lymph circulation.
- Boosts mood, alertness and energy levels.



How to Walk

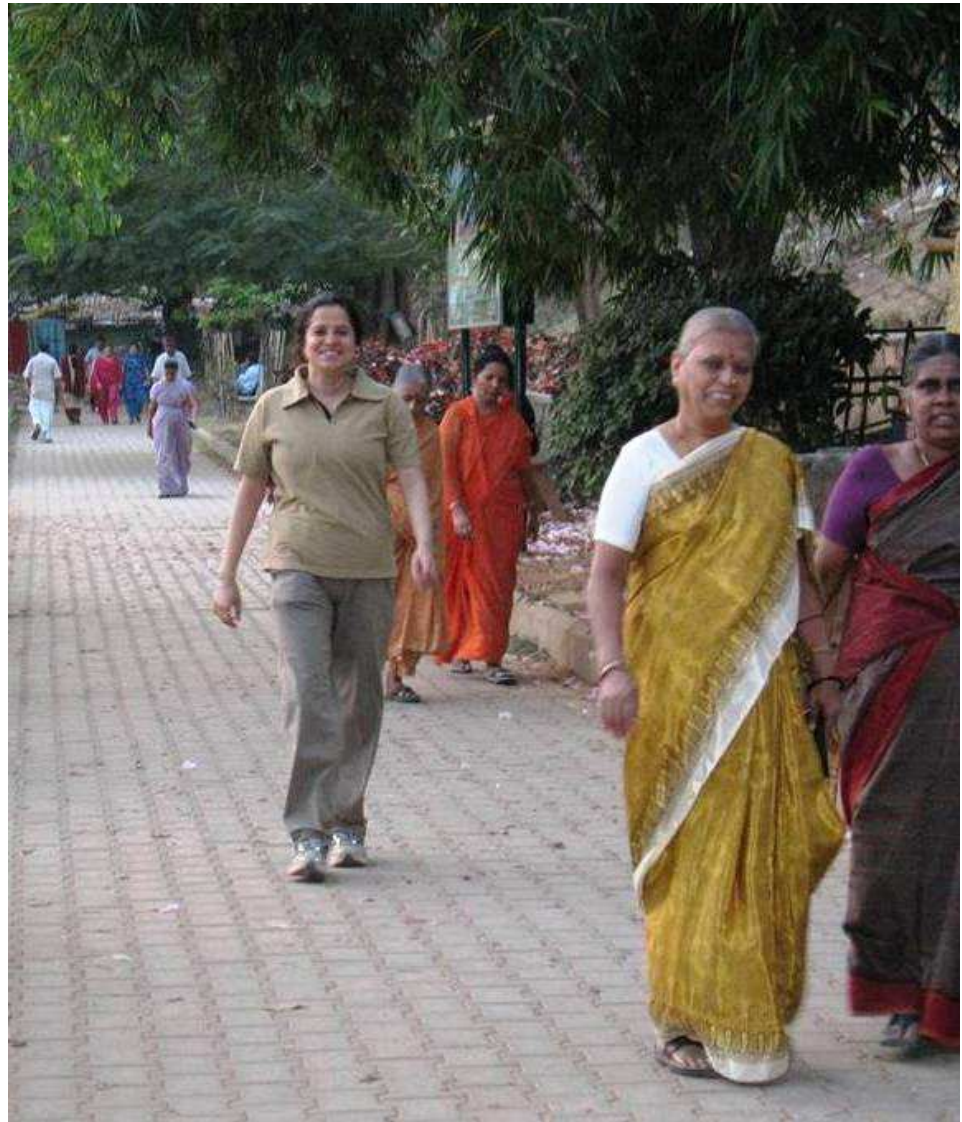
- Maintain upright posture throughout
 - head up and body balanced.
- Slightly increase your arm swing
 - (hand crosses over mid-line of body).
- Stride out briskly with relaxed hips.



Directions

- Try walking 10 minutes in one direction - turn around, walk 10 minutes back.
- You're done!

If you experience any discomfort, check with your healthcare provider.



Walking Thoughts...

- Dress for the weather - consider heat/cold/rain/snow.
- Sunshine increases healthful Vitamin D - on long walks clothing helps to prevent overexposure.
- Drink enough water before and after you walk.



More Tips...

- Wear supportive, shock-absorbing footwear.
- Record your time in your wellness exercise diary.
- Consider walking with a friend.



Walking with Friends...

- A walking partner is a good idea.
- It's more fun and more safe to walk with friends.
- Walk your kids to school and back.
- Walk and talk with your spouse.





For Further Progress ...

- Gradually increase your distance, speed and/or time.
- Vary your pace with fast and slow intervals.
- Park at the far end of the parking lot.
- Use the stairs whenever possible.

For Reinforcement and Relaxation...

- Consider a pedometer to count your steps.
- A walking contract adds accountability.
- Remember to breathe fully and deeply.
- Reflect calmly or count your blessings as you walk.



Just Start Walking Contract



To improve my health, I , _____ ,
have decided to

begin walking for _____ minutes on:

___ Mon. ___ Tues. ___ Wed. ___ Thurs. ___ Fri. ___ Sat. ___ Sun.

I plan to walk at the following place: _____

or if weather interferes: _____

I plan to walk for the following number of minutes per walk:

Week 1: _____ min. Week 2: _____ min. Week 3: _____ min. Week 4: _____ min.

Week 5: _____ min. Week 6: _____ min. Week 7: _____ min. Week 8: _____ min.



Signed _____ Date _____

Walking Partner/Witness _____ Date _____

Congratulations!!!!!!!!!!!!!!



Happy Walking! Enjoy Your Day!

Walking around the World - Send Us Your Pictures



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Selected References

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Serious Walking Power - Kenya

Walking - It's Fun - Really! Try It!

