

How to work your work out “In”

Walking Your Way to Good Health



Topics:

- ✓ What walking can do for your health.
 - ✓ How to successfully start your own walking club.
 - ✓ Hints and tips on how to work walking into your busy day.
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- ❖ Tool kit included to help you stay motivated and share your success with others.

How Does Walking Improve My Health?



Taking the Stairs

What can physical activity do for you?

Check off which of these benefits you hope to get from active living:

- Be healthier
- Increase my chances of living longer
- Feel better about myself
- Have less chance of becoming depressed
- Sleep better at night
- Help me look good
- Be in shape
- Get around better
- Have stronger muscles and bones
- Help me stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy myself and have fun

Did you know?

When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Why Walking?

One of the reasons health experts give walking such rave reviews is because it's a 'lifestyle exercise'. That means you can usually make time for it without too much of a change to your daily routine. Walking to work, to shops, or the final mile from the bus stop to your friend's house may take a little more time, but it's certainly not the big project that signing up for a gym (and making the time to get there) can be.



Before You Begin.....

Check with your Medical Provider before embarking on any new exercise program.

We have included a tool called the PAR-Q for you to utilize to access if you may need to talk to your doctor before beginning to exercise.



Making It Fun!

Tired of walking alone? Want to meet other walkers or turn your informal group of walking friends into a force to be reckoned with? You might want to think about forming a walking club. Before you take the leap to organize it yourself, check on existing walking clubs in your area. The International Volkssport Association (IVV) is the largest association of walking clubs in the world. Other places to check are with the local malls, the medical centers and HMOs, health clubs, and look for brochures in running shoe stores.

Why Form a Club?

- There is no club in your area.
- The clubs in your area are not active enough or do not have the kind of activities you want.
- You want to fill a niche that is unfilled by another club in your area: tougher walks, easier walks, weeknight walks, group walks, morning workouts, more social aspects of walking together, etc.
- You want to build camaraderie among your walking friends with an identity, club name, t-shirts, etc.
- You want to build an incentive into your walking such as awards for distance achieved.
- You want to have a newsletter, email group, web site, etc. to unite your walking friends.



Stick With It



- Set a goal you can stick with.
- Work towards consistency to develop a routine.
- Aim to walk at least three times a week.
- Choose a time of the day that works best for you and your walking buddy.
- Map out some new walking routes or mix it up by walking at the park one week and/or in a different neighborhood the next. A change of scenery can help you stay motivated.
- Wear a pedometer and record your walking activity in steps, or if you don't have a pedometer record minutes.
- Reward yourself when you reach your goal. Maybe as a club or with a buddy, treat yourselves to something special, or host a victory celebration.
- Be prepared for adverse weather, identify indoor walking areas, or have appropriate attire.
- Enter a charity walk-a-thon, community parade, or 5K race.
- Make a list of things you enjoy about walking and review them when you need some motivation.

Notes: Ask participants to write an action step or goal.

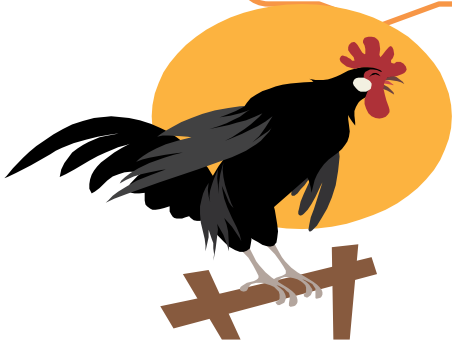
Make the Most of Your Walk

Walking is the most natural way to be physically active. Any type of walking has great health benefits- taking an evening stroll, walking the dog, or a power walk – whatever works for you. Make the most of your walk with these techniques.

- Warm up at a slow easy pace for 5 minutes.
- Keep your head erect and back straight, look ahead not down.
- Let your arms swing comfortably at your sides.
- Stay relaxed, breathe deeply, and take comfortable steps.
- After 5 minutes increase the pace of your steps rather than lengthening your stride to prevent injury.
- With each step land on your heel and roll to the toe; keeping toes pointing straight ahead.
- Push off with your toes.
- When your endurance increases add bursts of speed, walking faster for a minute or two.
- Monitor your speed by seeing if you are able to hold a conversation and breathe comfortable at the same time, also referred to as the “talk test”.
- Over time your body will adapt; challenge yourself with new terrain or hills.
- The last 5 minutes of your walk slow the pace before stopping, as you did in the warm up .



Rise and Shine



Tips for busy days

- Take the stairs whenever possible
- Park further away from you destination
- Pace while on the phone
- Take advantage of moments when waiting on a child at practice or event

Beginning exercisers often ask “When is the best time of day to exercise?” The correct answer is “Whenever you are most likely to do it.” Therefore select a time that you can normally keep every day, without obligations interfering. For many walkers, morning seems to be the best, due to it being the time of day that is least likely to be interrupted. There is some evidence that shows people who exercise in the morning are more likely to stick to it in the long run. They may also be able to manage weight more efficiently.

So if you have experienced struggles with sticking to a routine, consider a morning jaunt to get back on track. It will take some getting used to, but think of the long term benefits. There may be struggles in the beginning with a new found wake up time, but soon after your energy will improve.

Here are some tips for the a.m. walkers:

- If possible wake up in time to see the sunrise, it will be an added benefit.
- Dress appropriately, be sure to wear clothing that will allow you to be visible, light colors and/or a reflective vest.
- Wear layers; you may start out feeling cool, but the temperature will begin to rise as you are walking.
- If you experience some stiffness of a morning, be sure to take a few minutes to warm-up and stretch the body before beginning your walk.
- Eat a light breakfast before you walk, a small piece of toast or some yogurt.

Remember to not only wake up earlier, but also go to bed earlier. It is still important to get enough rest and a good night’s sleep. Your morning workout will benefit too. Rise early and reap the benefits all day long, your body will feel energized for the day and you can feel accomplishment that will carry on.

Physical Activity Readiness Questionnaire (PAR-Q) and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

YES	NO		
<input type="checkbox"/>	<input type="checkbox"/>	1.	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2.	Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3.	In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4.	Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5.	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6.	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7.	Do you know of <u>any other reason</u> why you should not do physical activity?

YES to one or more questions	
If you answered:	<p>Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.</p> <ul style="list-style-type: none">You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.Find out which community programs are safe and helpful for you.
NO to all questions	
<p>If you answered NO honestly to <u>all</u> PAR-Q questions, you can be reasonably sure that you can:</p> <ul style="list-style-type: none">Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.	<p>Delay becoming much more active:</p> <ul style="list-style-type: none">If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; orIf you are or may be pregnant – talk to your doctor before you start becoming more active. <p>Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.</p>

Sample Walking Program

Always consult your physician before beginning any exercise regimen. These guidelines may help you develop a plan for making walking a regular part of your life. It is important to build up slowly, you may use the following as a guide.

	Warm up (walk slowly)	Activity (walk briskly)	Cool down (walk slowly)	Total time
Week 1				
Session A	5 minutes	5 minutes	5 minutes	15 minutes
Session B	5 minutes	5 minutes	5 minutes	15 minutes
Session C	5 minutes	5 minutes	5 minutes	15 minutes
Continue with at least three exercise sessions per week.				
Week 2	5 minutes	7 minutes	5 minutes	17 minutes
Week 3	5 minutes	9 minutes	5 minutes	19 minutes
Week 4	5 minutes	11 minutes	5 minutes	21 minutes
Week 5	5 minutes	13 minutes	5 minutes	23 minutes
Week 6	5 minutes	15 minutes	5 minutes	25 minutes
Week 7	5 minutes	18 minutes	5 minutes	28 minutes
Week 8	5 minutes	20 minutes	5 minutes	30 minutes
Week 9	5 minutes	23 minutes	5 minutes	33 minutes
Week 10	5 minutes	26 minutes	5 minutes	36 minutes
Week 11	5 minutes	28 minutes	5 minutes	38 minutes
Week 12 & beyond	5 minutes	30 minutes	5 minutes	40 minutes

Walk Log

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:	mi/km: steps: time:
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Monthly Total: _____