

WALKING TIPS

- Walk regularly, at least 3 times a week.
- Pick a time of day and days in the week that suit you.
- Once you start walking regularly, don't stop.

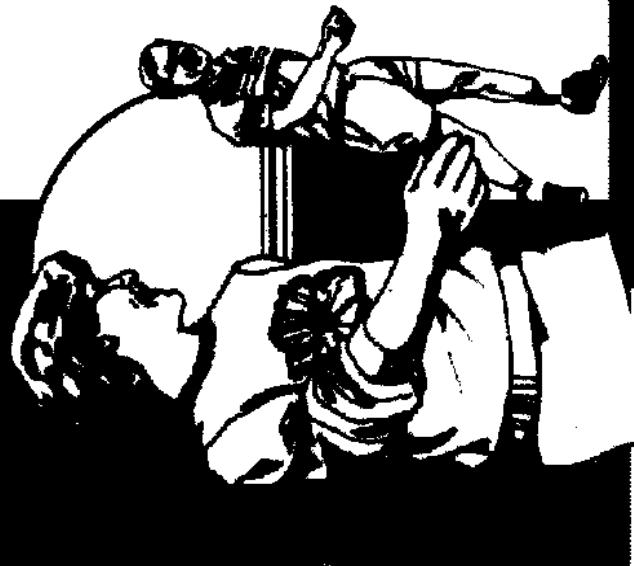
- Wear comfortable shoes and clothes.

- Walk in a place you enjoy — house, outdoors, shopping mall, park, work, track or neighborhood

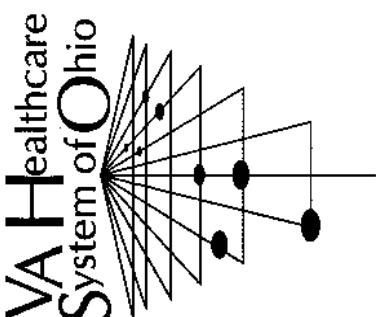
- Avoid extreme temperatures, bad air quality and high humidity, but don't stop walking because of bad weather.

- Pick a comfortable indoor place like a store, mall or home.

**HAVE FUN!
GO FOR
YOUR WALK
TODAY!**



WALKING IS FUN...
AND GOOD
FOR YOU!



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Walking is aerobic exercise.
This means "with air." It helps your heart and lungs. Other types of aerobic exercise are swimming, biking, running and dancing.

HOW TO START?

Check with your doctor or nurse before beginning any exercise program. If you have special needs such as muscle, back, or joint problems, ask for help.

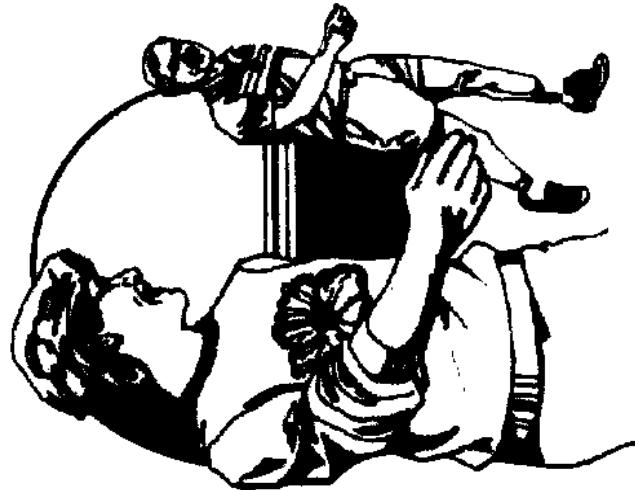
REGULAR WALKING WILL HELP YOU

- lower your blood pressure
- lower your cholesterol
- lower your weight
- lower your stress and anxiety
- lower your risk for diabetes
- increase your strength and flexibility
- avoid unhealthy habits like smoking, excess alcohol and drugs, or over eating

Weight lifting and body building are anaerobic exercises. This means "without air." These types of exercises are **NOT** recommended.

- 2nd week and after — add 2-3 minutes each time you walk until each walk is 30 minutes long

3. **Cool down** — walk at a slow pace for 5 minutes at the end of your walk



3 STEPS TO A WALKING WORKOUT:

1. **Warm up** — stretch first or walk at a slow pace for 5 minutes

2. **Follow a walking plan.**
Here is a simple plan:
 - 1st week — walk for 5 minutes