

WALKING

Why Walk?

Walking reduces your risk for cardiovascular (heart) disease, Type 2 diabetes, and obesity. If you live with a health condition such as diabetes or are looking to lose weight, walking is a great activity to try!

Walking works several major muscle groups - the knee extensors, hip extensors, and lower leg muscles. These muscles help pump blood back to the heart, and exercising them improves circulation, muscle endurance, and balance.

Starting a Walking Routine

Check with your doctor, nurse or other care professional. They may recommend a specialized program or special precautions. Try a walking meeting with a case worker or Peer Health Navigator.

1



What do I need to start?

- A pair of well-fitted walking shoes
- Loose-fitting, comfortable clothing appropriate for weather conditions
- Sunscreen and sunglasses to protect you from the sun

2



How far or long should I walk?

- Start slow -- up to 10 minutes a day
- 3-4 times a week -- and build up over time
- Listen to your body and take breaks when you need to

3



How can I fit in a walk?

- Walking can be done once each day or accumulated in shorter walks
- Walking can be done in the morning, during breaks in the afternoon, or the evening before dark
- Try getting off the bus one stop earlier or choosing a further parking spot

4



Technique

- Keep your head up, looking ahead with your chin in a neutral position, not too high or tucked in towards your chest
- Your shoulders remain back and relaxed, not hunched over.
- Stand upright with feet slightly apart, always keeping at least one foot on the ground

Safety tips to consider



- Walk on sidewalks where possible; if walking on streets, always face oncoming traffic
- Walk on well-lit streets, wear reflective accessories and light-colored clothing, carry a flashlight, a whistle, and a cell phone
- Walk briskly and try to let someone know where and when you will be walking so they know your whereabouts and when to expect you back
- Be aware of your surroundings and use street smarts

Tips to Staying Motivated

- Ask a friend to walk with you
- Remember that starting something new and seeing results takes time, give yourself grace
- Use a chart to keep track of your progress

Weekly Walking Log			
Week of:			
Day	Time walked	Blocks/Steps walked	How did it feel?
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Week total			
Goal:			
Notes:			