
Walking Basic and General Guidance

One of the most simplest forms of exercises is walking, What most people don'trealizes is that walking when done right for 30 minutes on most days of the week will increase your fitness level and improve your overall health. Before you rush out the door and start walking there are some things to consider before you begin.

- Having the right equipment is important so make sure that you have well-fitted walking shoes with a flexible sole that provides good arch support and adequate cushion for your heel.
- Make sure you have loose-fitting, comfortable clothing appropriate for weather conditions
- Last one, is the most important one it is looking good while doing it so make sure that you have sunglasses and sunscreen on.

Most people take waking for granted and never stop to think how the body is moving. Which is a shame, being mind-fulness make you more efficient in energy expenditure.

Technique Tips

- Keep your spinal column erect, chin slightly up, shoulders relaxed and back
- Find a comfortable stride length that allows you to contact the heels lightly first with your feet pointed straight ahead.
- Once your body builds up its endurance you will be able to increase your stride length, increase push of the big toe and create a more vigorous arm swing

Use Breathing as Intensity Indicator

- easy breathing (casual pace),
- halting speech (brisk 3-4 mph pace)
- can't speak (too fast).

Using Pedometer

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|------------------------|-------------------|
| • 0-5,000 steps | Sedentary |
| • 5,000-7,499 steps | Low Activite |
| • 7,500-9,999 steps | Somewhat Activite |
| • 10,000-12,500 steps | Activite |
| • 12,500 or more steps | High Activite |

Average Healthy Adult = 10,000 Steps = 5 miles

If your baseline is under this level, try to increase your steps by 1,000 per day, every two weeks until you reach your 10,000 steps per day.
