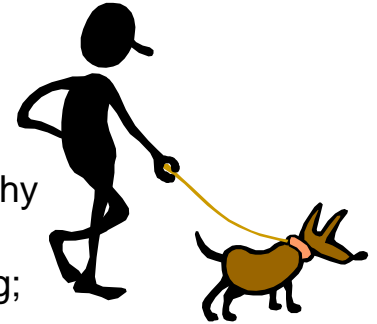


Walk

Walking is a great way to be more physically active. It's free, fun, and you can do it almost anywhere.

Here are 6 reasons to get up and walk:

1. Regular walking burns calories, which in addition to a healthy diet can help you to manage your weight.
2. More than half the body's muscles are designed for walking; it is a natural movement that is almost injury-free.
3. Regular brisk walking has many health benefits.
4. Brisk walking is an aerobic activity. It makes your heart, lungs, and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
6. Walking can be a great time for sharing and socializing with friends and family.



Getting started:

- A little walking everyday is better than an occasional weekend bout of activity. Start with short walks and build from there.
- Consider using a pedometer to measure the number of steps you walk.
- Warm-up before and cool-down after activity (see *MOVE!* handout P04).
- Choose routes that are interesting, safe and convenient. Avoid heavy traffic, loose dogs, and rough ground. Remember hills are more difficult.
- Walking with others can help motivate you.
- Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.
- When it is very hot, walk during the coolest hours, choose a shady route, and walk a little slower.
- When it is cold, avoid icy surfaces.
- Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- Wear comfortable, appropriate shoes.



Sample 10-Week Walking Plans to get you started:

This plan is for those who are not used to physical activity.

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	10	10	15	18	20	20	25	30	32	35
Walks per week	2	3	3	3	3-4	4	4	4	4	4

This plan is for those who are already physically active.

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	20	22	25	30	30	35	35	40	42	45
Walks per week	3	3	3	3	4	4	4-5	4-5	4-5	4-5

