

Why walk?

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of comfortable shoes. Walking will:

- Give you more energy
- Make you feel good
- Help you to relax
- Reduce stress
- Help you sleep better
- Tone your muscles
- Help control your appetite
- Burn off extra calories

For all these reasons, people have started walking programs. If you would like to start your own program, read and follow the information provided in this pamphlet.

Is it okay for me to walk?

Answer the following questions before you begin a walking program.

- Has your doctor ever told you that you have heart trouble?
- When you exercise, do you have pains in your chest or on your left side (neck, shoulder or arm)?
- Do you often feel faint or have dizzy spells?
- Has your doctor told you that you have high blood pressure?
- Has your doctor told you that you have bone or joint problems, like arthritis, that could get worse if you exercise?
- Are you over 50 years old and not used to a lot of exercise?
- Do you have a condition or physical reason not mentioned here that might interfere with an exercise program?

If you answered yes to any of these questions, please check with your doctor before starting a walking program or other form of exercise.

How do I start a walking program?

It is important to design a program that will work for you. In planning your walking program, keep the following points in mind:

- Choose a safe place to walk. Find several people to walk with you. Your walking partners should be able to walk with you on the same schedule and at the same speed.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- Wear clothes that are right for the season. Cotton clothes for the summer help to keep you cool by absorbing sweat and allowing it to evaporate. Wear your clothing in layers in the winter, and as you warm up, you can take off some layers.
- Stretch before you walk. See the warm up exercises included in this brochure.
- Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.

- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.
- The more you walk, the better you will feel. You also will burn off more calories.

A sample walking program and examples of stretching exercises are shown on the back.

Safety tips

Keep safety in mind when you plan your route and the time of your walk.

- Walk in the daytime or at night in well-lighted areas.
- Walk in a group of three or more at all times.
- Notify your local police station of your group's walking time and route.
- Do not wear jewelry.
- Do not wear headphones.
- Be aware of your surroundings.

How do I warm up?

Before you start to walk, do the stretching exercises shown here. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

Side Reaches



Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.

Knee Pull

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee to your chest, hold for 10 seconds, then repeat with the other leg.



Wall Push



Lean your hands on a wall with your feet about 3-4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.

Leg Curl

Pull your foot to your buttocks with your opposite hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with the other foot.



Taking the First Step

Walking right is very important.

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.

A sample walking program

Warm Up Time	Target Zone Exercising	Cool Down Time	Total Time
WEEK 1			
Walk slowly 5 min.	Walk briskly 5 min.	Walk slowly 5 min.	15 min.
WEEK 2			
Walk slowly 5 min.	Walk briskly 8 min.	Walk slowly 5 min.	18 min.
WEEK 3			
Walk slowly 5 min.	Walk briskly 11 min.	Walk slowly 5 min.	21 min.
WEEK 4			
Walk slowly 5 min.	Walk briskly 14 min.	Walk slowly 5 min.	24 min.
WEEK 5			
Walk slowly 5 min.	Walk briskly 17 min.	Walk slowly 5 min.	27 min.
WEEK 6			
Walk slowly 5 min.	Walk briskly 20 min.	Walk slowly 5 min.	30 min.
WEEK 7			
Walk slowly 5 min.	Walk briskly 23 min.	Walk slowly 5 min.	33 min.
WEEK 8			
Walk slowly 5 min.	Walk briskly 26 min.	Walk slowly 5 min.	36 min.
WEEK 9 & BEYOND			
Walk slowly 5 min.	Walk briskly 30 min.	Walk slowly 5 min.	40 min.

If you walk less than three times per week, increase the target zone fast walk more slowly.

Walking



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1-800-WIN-8098

for more information on the
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Program