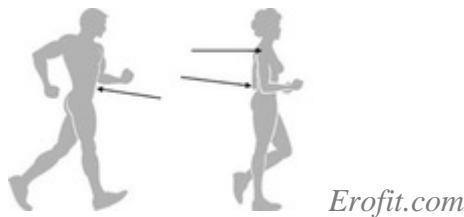


### WALKING GETTING STARTED

#### Posture:

How you hold your body is important to walking comfortably and easily. With good posture, you will be able to breathe easier and you will avoid back pain.

- Stand up straight. Think of being tall and straight. Do not arch your back.
- Do not lean forward or lean back. Leaning puts strain on the back muscles.
- Eyes forward, not looking down, rather 20 feet ahead.
- Chin up (parallel to the ground). This reduces strain on neck and back.
- Shrug once and let your shoulders fall and relax your shoulders slightly back.
- Swing your arms in a natural motion while walking briskly.
- Gently tighten stomach muscles.
- Tuck in your behind and rotate your hip forward slightly. This will keep you from arching your back.
- Position your feet parallel to each other, if comfortable and a shoulder width apart.
- Walk with smooth movements. As you walk forward, roll your foot from heel to toe.



#### Stop walking and seek immediate care if you have any of these:

- Tightness in your chest and possibly extending into your left arm or neck.
- Palpitations
- Chest pain or pain in your arms or jaw, often on the left side.
- Wheezing, coughing, or other difficulty in breathing.
- Severe shortness of breath.
- Dizziness, faintness or feeling sick to your stomach
- Excessive perspiration
- Cramps, severe pain or muscle aches.
- Severe, prolonged fatigue or exhaustion after exercise.
- Nausea.

#### Normal signs of exertion

- Increased heart rate, you may feel or hear your heart beat.
- Increased breathing rate, but should be able to carry on a conversation.
- Mild to moderate sweating.
- Muscle aches and tenderness that might last a day or two as you get started.

**Health Goals:** Walking at least 150 minutes a week can help to reduce the risk of heart disease, stroke, high blood pressure, certain types of cancer and Type II diabetes. For this reason, build up to walking 30 minutes a day, 5 days of the week, if you can.

**Track your walks:** Keeping records will keep you on track. Use of a pedometer can make it easier for you to keep track and be motivated.

**Build a Habit:** Walk at least 5 days a week, even if some days you must decrease your time, in order to build your new healthy habit. Increase the time you spend walking each week before working on speed.

**Week 1:** Start with a 15 minute walk at an easy pace. Try to walk five days even the first week. We want to build a habit, so consistency is important. Spread out your rest days, such as making day 3 a rest day and day 6 a rest day.

**Weekly total goal: 60 - 75 minutes.**

**Week 2:** Add 5 minutes a day so you are walking 20 minutes, 5 days a week. Or you may wish to extend yourself more on some days, followed by a rest day.

**Weekly total goal: 75 - 100 minutes.**

**Week 3:** Add 5 minutes a day so you are walking 25 minutes, 5 days a week.

**Weekly total goal: 100 - 125 minutes.**

**Week 4:** Add 5 minutes a day to walk 30 minutes, 5 days a week.

**Weekly total goal: 125 - 150 minutes.**

**NOTE:** If you find any week to be difficult, repeat that week rather than adding more time, until you are able to progress comfortably.

**Do not exceed a rate of exertion of 5/10 on the Borg Scale.**