

Why walk?

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of shoes with sturdy heel support. Walking will:

- Give you more energy
- Help you to relax
- Reduce stress
- Help you sleep better
- Tone your muscles
- Help control your appetite
- Increase the number of calories your body uses
- Help prevent diabetes

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

Is it okay for me to walk?

Answer the following questions before you begin a walking program.

- Has your health care provider ever told you that you have heart trouble?
- When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- Do you feel extremely breathless after you have been physically active?
- Has your health care provider told you that you have high blood pressure?
- Has your health care provider told you that you have bone or joint problems,

like arthritis, that could get worse if you are physically active?

- Are you over 50 years old and not used to a lot of physical activity?
- Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?

If you answered yes to any of these questions, please check with your health care provider.

How do I start a walking program?

Leave time in your busy schedule to follow a walking program that will work for you. Keep the following in mind:

- Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) 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 will keep you dry and comfortable.
- 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 15 minutes.
- Try to walk at least five 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.



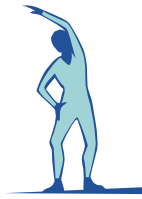
small steps
big rewards
Prevent type2Diabetes

HOW DO I WARM UP?

Before you start to walk, do the stretches 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 wall with your feet about 3 to 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 right foot to your buttocks with your right hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with your left foot and hand.



Take the first step.

Walking the right way 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.

Over several weeks, begin walking faster, going further, and walking for longer periods of time.

BUILD UP TO 30 MINUTES OF BRISK WALKING FIVE DAYS A WEEK

	WARM UP TIME	FAST WALK TIME	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+	walk slowly 5 min.	walk briskly 30 min.	walk slowly 5 min.	40 min.

