Walking Tips

WalkWorks
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Optimize Your Fitness

- Warm-up before and cool down after your walk to avoid muscle soreness, cramps and/or injury.
- Start slow. Build up gradually to at least 150 minutes a week.
- Use good walking posture: swing arms, relax hands, head up, back straight and abdomen flat; push off with toes; and walk heel to toe.
- Wear weather-appropriate clothing, comfortable shoes and socks to keep feet dry.
- Drink plenty of water before, during and after walking.
- Challenge yourself: use a pedometer to track progress; find ways to add minutes to your walk.
- Rather than driving to nearby destinations, take a walk.
- Walking three times a week for 30 minutes can significantly increase cardiorespiratory fitness.

Walking Benefits

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Keep Your Eye on the Prize

- Easy to start, safe to do, fun and free.
- Activity you can do with a group, on your own, with family, friends or co-workers.
- Lowers risk for heart disease, diabetes and certain cancers.
- Helps you feel, look and sleep better.
- Helps with weight control.
- Improves bone health, enhances flexibility, balance and coordination.
- Improves energy and ability to do daily activities.
- Helps relieve stress.