

Walking Technique

(From Walking for Fitness by M Caron SportsMedBC)

Generally, try to walk tall, keep your shoulders square, hold your stomach muscles strong, maintain a strong heel-toe motion and focus on moving forward. Don't forget to use your arms: they dictate your pace and rhythm.

Warm up

Warm up your muscles by starting to walk slowly and then increase your pace to a comfortable but brisk pace when you are ready. Stretching is a good idea at the end of your walk to avoid stiffness the next day.

Hydrate

It is a good idea to carry a water bottle, especially in the summer. If you don't want to carry water with you, a glass of water before and after your walk is important.

Listen to your body

Walk at a pace that is comfortable. It should be brisk enough to get your heart pumping, but comfortable enough to be able to maintain a conversation.
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Stay relaxed

One of the best ways to improve your walking performance and overall enjoyment is to focus on staying relaxed. At various times during your walk, check to see if your head, shoulders arms, hands and hips are relaxed.

Be sure to dress for success!-wear comfortable walking shoes. Wear loose and comfortable clothing appropriate for the weather. Even in summer, socks are very important to maintain healthy feet.

Find a walking friend

You need support. It can be motivating and fun to do your walking workout with a friend, a group or a canine. But make sure that your friend likes to move at about the same speed as you.

Stick with it!

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Walking Tips

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Ten Top Reasons To Start a Walking Program:

Anyone can do it

- It improves your health
- It slows down the aging process
- It is excellent for heart health
- It improves mood and reduces stress
- It increases flexibility
- It is an effective way to control weight
- It is a form of transportation
- It is good for the environment
- It is fun and enjoyable

If you are new to exercise, begin with a visit to your doctor.

Maintaining a regular walking program:

Set Walking Goals

Determine how far, how often and how long you want to walk. Be sure you set goals that are realistic based on your current physical activity level. See walking plans on website

Three Rules of Exercise:

Moderation

Be patient and resist doing too much too soon. Find a program that starts at the right level for you; increases your distance gradually so you can avoid injury.

Consistency

Use a schedule so that you are more likely to stay on track; meet your goals in a safe and gradual manner.

Rest

Give your body time to recover. Exercise puts stress on the body, so it's a good idea when you first start out to allow for at least one resting day.

