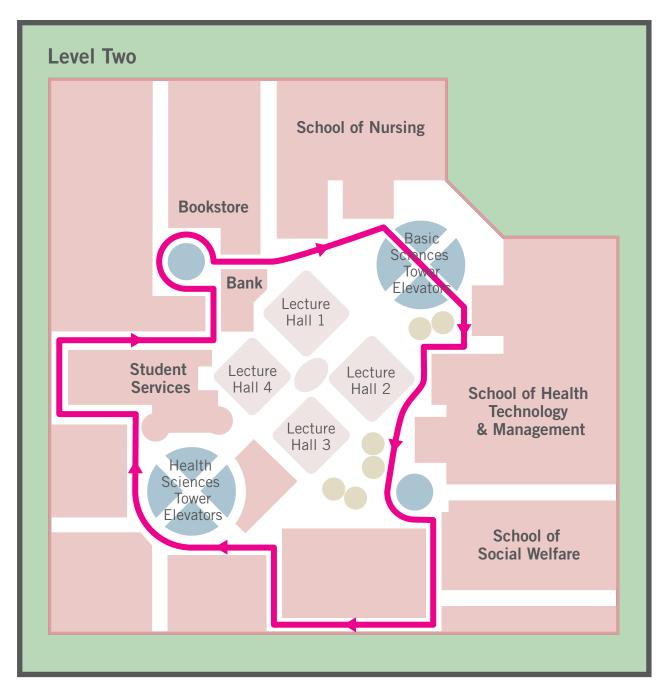


Wellness Walk Level Two Indoor Walking Map



= Walking Path 4 Laps = 1 Mile





Walking Tips

WHY WALK?

Walking prevents type 2 diabetes.

The Diabetes Prevention Program showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.

· Walking is good for your brain.

In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function.

Walking is good for your bones.

Research shows that postmenopausal women who walk approximately one mile each day have higher whole-body bone density than women who walk shorter distances.

Walking helps symptoms of depression.

Walking for 30 minutes three to five times per week for 12 weeks reduced symptoms of depression.

Walking improves fitness.

Walking just three times a week for 30 minutes can increase cardiorespiratory fitness.

· Walking improves physical function.

Research shows that walking improves fitness and physical function and prevents disability in older persons.

www.stonybrook.edu/healthieru

Source: www.medicinenet.com/walking/article.htm

You may already know how to walk, but here are some extra tips!

WALKING POSTURE

- Stand up straight
- Do not arch your back
- Do not lean forward or backward (this can put strain on back muscles)
- Keep your eyes looking ahead of you, not down
- Chin up about parallel to the ground (this reduces strain on the neck and back)
- Pull in your stomach
- Keep your shoulders slightly back (Shrug once and let your shoulders fall and relax to find the correct positioning)
- Allow your waist to twist as you walk
- Rotate your hips forward and tuck in your behind just a bit to keep from arching your back

STRIDE

- Avoid over-striding, which is taking longer steps to increase speed; it is inefficient and potentially harmful
- Take more, smaller steps
- Concentrate on a powerful push-off while the front foot lands closer to the body
- Try to swing your arms in time with your stride

ARM MOTION

- Keep your elbows bent at 90 degrees
- Do not clench hands, but keep them in a relaxed curl
- With each step, the arm opposite your forward foot comes straight forward
- As the foot goes back, the opposite arm comes straight back
- The hand should not cross the midpoint of your body
- Speed up your arm swing to increase your speed and your legs will follow

TAKING THE FIRST STEP

- Strike the ground first with your heel
- Roll through the step from heel to toe being flat footed will slow you down
- Flexible shoes will ensure you are able to roll through the step
- Push off a step with your toes
- Breathe naturally, and as you walk, take deep, rhythmic breaths
- Pretend you are walking along a straight line
- Take some water and some food too if you're going on a longer walk
- At first, your shin muscles may tire and be sore until they are strengthened

Adapted From:

www.medicinenet.com/walking/page2.htm www.thewalkingsite.com/howtowalk.html walking.about.com/cs/beginners/a/howtech.htm

