



# Walking Tips

- **Talk with your doctor before starting a walking program**
- **Begin gradually**
  - Warm up (walk slowly for a few minutes) before the actual walk and cool down (walk slowly again) after the walk
  - Start with 15-20 minutes the first time on flatter surface
  - Pace yourself yet make it a challenge
- **Wear appropriate shoes**
  - Invest in good, quality footwear (i.e. either a walking or running shoe)
- **Stay hydrated, bring water**
- **To burn more calories**
  - Swing your arms
  - Take quicker, not larger steps
  - Use trekking poles
    - To size poles, hold the trekking pole in your hands with your elbows at your sides at a 90 degree angle; the tip of a correctly sized trekking pole will rest perfectly on the ground.
- **Stay motivated**
  - Find a fitness friend and challenge each other
  - Use a pedometer to track your progress
- **Be Safe**
  - Be visible at dusk and nightfall
  - Walk into traffic and move aside for vehicles
  - Dress appropriate for the weather
  - Tell someone where you are going
  - Use only one headphone or earbud