

Walking for Fun and Fitness

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Why Walk?



- † To maintain fitness and health
- † To burn calories and maintain/lose weight
- † To achieve cardiovascular fitness
- † To improve muscle tone and strength
- † To relieve stress

How to Walk Briskly!

- † Quick, small steps cover more ground
- † Smaller steps are less tiring for your muscles
- † Walk heel to toe
- † Hold your head high
- † Take full breaths and exhale completely
- † Lean into the hill when walking uphill
- † Arm speed controls leg speed

Time Spent Walking

- † 20-30 minutes at a "talking pace" to maintain health
- † 30-45 minutes with moderate effort to manage weight
- † 20+ minutes at a fast pace on slightly hilly terrain to maintain cardiovascular fitness
- † Walk most days of the week

Invest in Walking Shoes

Your walking shoes should:

- † fit snugly on your feet
- † have a well cushioned heel
- † have good arch support
- † have adequate toe room



Walk to Mars!

To stay on track with your walking program, record your daily totals.

The [Utah Department of Transportation](http://www.utahwalks.org/index.php) has a web-based program and Walk Tracker at <http://www.utahwalks.org/index.php>

You can track your daily and monthly totals against friends and colleagues; form a walking group and walk to Mars. It is only 49 million miles!



Make Walking a Part of Your Daily Routine

- † Walk to work, to the train, to the bus
- † Walk to shops, the post office, the movies, your favorite restaurant
- † Enjoy the fresh air; walk with friends, family members or your pet

Walking With a Pedometer

The **10,000 Steps** concept is the equivalent of five miles of walking.



How many steps do you take during a day?
Wear a pedometer on your belt and it counts every step you take.

