



**Independence
Blue Cross**

WALKING TOWARDS WELLNESS



Walking Tips

- Quicker, smaller steps will cover more ground. Longer strides can tire your muscles.
- Strike the floor with the heel of your shoe onto the ball of your foot and aim to push off with your toes.
- Proper arm posture includes a 90-degree bend. This will put your arm in an “L” position opposed to having your arms straight at your sides. Your arm speed controls your leg speed while walking—so remember to “swing” your arms during your walk.
- Take your heart rate in the middle of your walk to see if you are reaching your Target Heart Rate (THR). Information on Target Heart Rate is included in your participant packet.
- Control your breathing, take full breaths and exhale completely. Remember to inhale through your nose and exhale through your mouth.
- Avoid bending over or looking down. Stand tall with your head up, checking for any obstacles that are in your path.
- Exercise should never be painful. If you feel any pain during your activity, slow down or stop exercising. Seek medical assistance if the pain does not subside.
- When walking uphill, take smaller strides, leaning into the hill. If the hill is really steep, zigzag up the hill to make it easier on your legs.

Tips for Motivation

- Choose different routes to walk.
- Walk at different times of the day—i.e. early morning, during lunch or at sunset.
- Walk with a partner or join a walking group. If you can’t find one, start one! Surely there are others that will want to get out and enjoy the benefits of walking too.
- Monitor your increase in fitness and how you feel both during your walk and in everyday life in your Tracking Log.
- The key to keeping fit while walking is to keep it regular and increase your efforts slowly at your own pace.
- The longer you walk the more calories you will burn!