

# Stretching & Exercise Start a Walking Program

## STARTING A WALKING PROGRAM

### SHOE SELECTION

Select a shoe with the following features:

- thick, firm, flexible sole
- lacing and breathable upper material
- firm heel counter with good arch support
- large toe box with padding on the top

### DRESSING FOR WALKING

Warm Weather

- loose-fitting, cotton fabric
- light, ventilated hat for sun protection

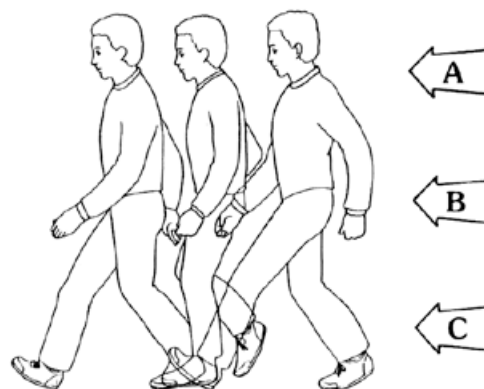
Cold Weather

- wool hat and gloves
- several layers of light clothing - can be removed a layer at a time as you become warm

Wet Weather

- KEEP WALKING!
- breathable waterproof garments
- try not to use umbrella - interferes with arm movement

### WALKING TECHNIQUE



- A. Stay upright with shoulders relaxed.
- B. Let arms swing naturally at sides.
- C. Use smooth motion, rolling from heel to toe.

### WALKING FOR FITNESS

- Time **not** distance is important.
- Walk at least 3 times a week, 5-7 if possible.
- Achieve your target heart rate (see below)
- For aerobic fitness, maintain target heart rate for the entire walk.
- When beginning walk at least 10 minutes.
- Gradually increase your walking time to 40-60 minutes.

#### BEGINNERS PROGRAM

Week	1	2	3	4	5	6	7	8	9	10	11	12
Minutes	10	15	20	25	30	30	35	35	40	40	45	45
# of times	3	4-5	3	4-5	3	4-5	3	4-5	3	4-5	3	4-5

\* After 12 weeks walk 30-45 minutes 3-5 times per week.

### TARGET HEART RATE

With fingertips on wrist, check pulse for 10 seconds only. The heart will slow after 10 seconds. Walk briskly enough to achieve your target heart rate. After you reach your target rate, check pulse periodically to ensure you maintain your target heart rate for the entire walk.



Use the charts on the right to find your correct TARGET HEART RATE.

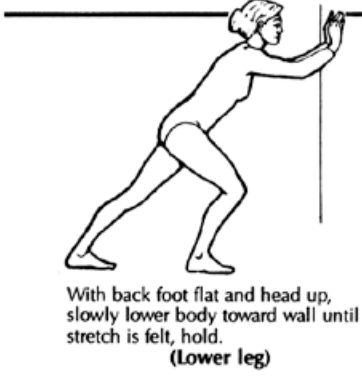
#### Target Heart Rate

##### Ranges by Age

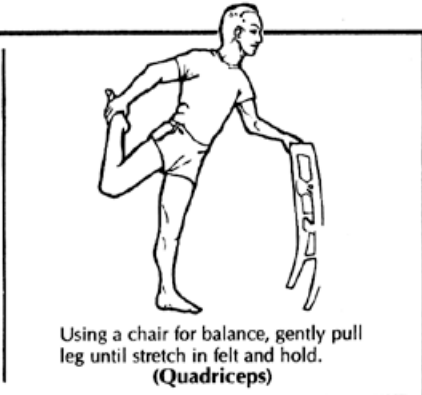
Age	Beats Per Min.	Beats/10 sec.	=	Beats/min.
		15		90
		16		96
20	140 to 170	17		102
25	137 to 166	18		108
30	133 to 162	19		114
35	130 to 157	20		120
40	126 to 153	21		126
45	123 to 149	22		132
50	119 to 145	23		138
55	116 to 140	24		144
60	112 to 136	25		150
65	109 to 132	26		156
70	105 to 128	27		162
		28		168
		29		174



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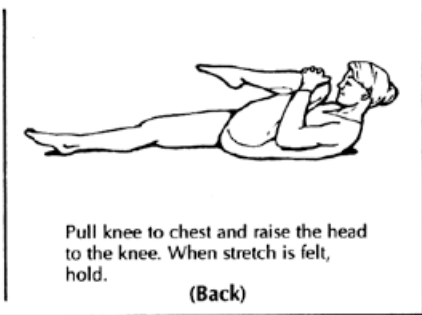
With back foot flat and head up, slowly lower body toward wall until stretch is felt, hold.  
**(Lower leg)**



Using a chair for balance, gently pull leg until stretch is felt and hold.  
**(Quadriceps)**



Using a belt or towel, pull gently until stretch is felt and hold.  
**(Hamstrings)**



Pull knee to chest and raise the head to the knee. When stretch is felt, hold.  
**(Back)**

## STRETCHING EXERCISES

(Do after each walk.)

- Hold positions for 30 to 60 seconds.
- Achieve the stretch position gently, **no bouncing or jerking!**
- The stretch position should have a tight feeling, **never pain!**
- Do all exercises to both sides of body.

## COMFORT AND SAFETY TIPS

- Check with your doctor before beginning this or any other exercise program.
- Walk with a friend for pleasure and safety.
- If walking alone, tell someone your route and expected time of return.
- Walk during the day or on well-lighted streets.
- Wear reflective clothing if walking at night.
- Always walk facing the traffic.
- Vary your route from day to day.
- Record your walking time each day on chart below.

### WALKING TIME LOG

Minutes  Heart Rate

WEEK	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

### RECOMMENDATIONS:

### COMPLIMENTS OF:

