



HEALTH TIPS - WALKING

What is it?

- Walking is easy on the joints and gets your heart pumping. It's easy to do, inside or outside and costs almost nothing.

What are the benefits of walking?

- Improves cardiovascular fitness by strengthening your heart
- Improves bone health
- Lowers risk of Type 2 diabetes and heart disease
- Reduces stress and symptoms of depression
- Improves physical ability and reduces risk of physical disability in older persons

Who should/can do it?

- Walking is great for any age and any skill level!

How to do it safely?

- Proper footwear is a must!
- Invest in a walking or running shoe with good ankle and arch support and a cushioned sole.

How often can you/should you do it?

- Brisk walking counts as a moderate intensity activity. It should make you feel warm and slightly winded, and increase your heart rate.
- Follow the Canadian Physical Activity Guidelines. Aim for 150 minutes or more each week of moderate-to vigorous-intensity activity if you are an adult, or 60 minutes a day if you are under 18 years of age.
- You can accumulate 150 minutes per week or 60 minutes daily by doing 10 to 15 minute intervals of brisk walking a day.

Goal setting

- Work up from a low intensity to a higher intensity by increasing your stride length and your speed.
- Start out at your normal walking pace and gradually increase the amount of time that you walk, the speed at which you walk, or both on a daily or weekly basis.
- Ever try speed walking? A good walking speed is 4.5-6.5 km per hour (3-4 mph). Once you hit 6.5 km/h, it gets more difficult because it feels like you should probably turn it into a run. Doing a proper speed walk can help at higher speeds.



For information on the physical activity guidelines visit the Canadian Society for Exercise Physiology website at www.csep.ca.