

# Strut your stuff walking guide



**Walk as often as you can-** Start with slow, short walks and work your way up to faster and longer walks.

**Use a pedometer to measure your steps-** Using a pedometer is a perfect way to make sure you are taking enough steps each day.

**Walk for fun!**- Walk with your family and friends and enjoy the extra time spent together.

**Warm up and cool down-** Begin your walk by going slowly and taking nice deep breaths. Gradually speed up to a faster pace for your workout. The last 2 minutes of your walk slow your pace and cool down.

**Walk with good form-** Walk with your head up, back straight, and arms comfortably swinging at your sides (bend your elbows for faster walking).

**Pace yourself-** Choose a pace that makes you breathe a little faster and harder, but doesn't leave you short of breath.

**Wear proper attire-** Good athletic shoes will give your feet the support they need to go the extra mile. Wear light, loose clothing that is appropriate for the current weather outside.

**Put your best foot forward-** When walking, let the heel of your foot hit the ground first then roll down through the rest of your foot, and finish by pushing off of the ball of your foot.

**Drink the clear stuff-** Drink water before, during, and after exercise. This will prevent you from getting dehydrated and will keep you feeling energized and refreshed.

**Mix it up-** Try another form of exercise to keep it fun and fresh. Do strengthening exercises at least twice a week. Push-ups, squats, lunges, and crunches are great choices.