

WALKING FOR FITNESS

If you are a beginner to walking for exercise, this is the program that is guaranteed to get you fit, toned, on the right track to fitness and good cardiovascular health. Walking is an excellent way to get an aerobic workout. It is ideal for people just starting to exercise and is easy and safe on the joints. When walking is part of your weekly fitness routine, you'll wonder why you didn't start years ago.

First, we'll walk through some basic, easy to follow walking tips for you to apply to your walking regime. These steps will reduce your risk of injuries and allow your body to work at its peak level of endurance.

First thing on your agenda should be to invest in a good pair of walking shoes and some quality socks. The foot contains 26 small bones, 33 joints, and a network of over 100 tendons, ligaments, and muscles. Protecting your feet with proper shoes is very important in taking care of all those vital components. The greatest thing about walking for exercise is the fact that this is the only form of exercise that requires this minimal investment in essential equipment.

When you shop for your shoes, there are some key points to keep in mind. Perhaps you will want to jot these down to take with you to the store. These are very important for your comfort and safety and will make walking a much more pleasurable experience. So, take note of the following tips and information on buying proper shoes and socks.

Walking Shoes

*When you are walking, your heel is first point of contact with the pavement. You will want to have one-quarter inch to one-half inch of cushioning under your shoe's heel. The cushioning protects and stabilizes your heels. It also reduces shock to your ankle and knee joints.

*Make sure the shoes you buy have a supportive and flexible sole. The front part of the shoe, referred to as the toe-box, should be wide enough so as not to hinder your toe push off. Also, your toes should not feel pinched or squashed into the shoe.

*Be sure the mid-sole is firm for proper arch support. The type of arch is especially important in selecting shoes. The shoes mid-sole should be flexible with a rounded heel. This will allow your foot to roll smoothly from the heel to the ball of the foot and finally, to push off your toes. The arch acts as a spring, compressing as the foot strikes the ground and returning to its original shape as the foot lifts off.

There are three types of arches: low, normal, and high. A low arch allows for uncontrolled movement of the foot. This movement creates twisting pressure on the knees and ankles. Low arches require shoes with strong motion control. A normal arch requires shoes that provide stability but allow for comfort during a run. A high arch is fairly rigid, creating the possibility of jarring injuries. Shoes for this type of arch need to offer more cushioning to absorb impact from the ground or surface.

*Take a practice lap around the store. Be sure there enough room for you to wiggle your toes. Take note if the shoes rub against your heels. Have a thick pair of socks to try with them and make sure they feel comfortable with the thick socks on.

*Do not buy a pair of shoes that need to be "broken in." Your new walking shoes should fit comfortably when you leave the store.

*If, after walking a time or two, you feel soreness in the front of your legs, it could be a sign that the sole of your shoe is too stiff. When you are walking, your toes have to rise up as your heel strikes the ground. A stiff mid-sole adds resistance to this motion, causing the muscle that runs along your shin to become tired and sore. A softer sole will help you tremendously. A gentle massage in that area to break up any tight and painful muscle fibers helps a lot and also feels wonderful.

Socks

Generally, cotton is considered the best fiber to wear against skin; however, in this case, buy alternative fibers. Cotton socks will soak up moisture and perspiration causing rubbing resulting in blisters. Look for mixed-fiber socks or sock liners that state they draw moisture away from your skin. Cotton socks are also notorious for stretching out of shape.

If you really prefer cotton socks, no problem. Simply purchase a sock liners to wear under your cotton socks.

That is it for shoes and socks! We will now cover proper form and stepping techniques important to know for optimal benefits from your walking regime.

Walking Techniques

Very important to note for the sake of your posture, is to stand up straight. Keep your eyes focused directly ahead of you, your shoulders back and relaxed, chest lifted and tailbone pointing down to the ground. Keep your shoulders back and relaxed, chest lifted, and tailbone pointing down to the ground. It should feel as if a string were attached to the top of your head, lifting you from the ground.

Be sure to relieve stress points. These are your shoulders, arms and wrists. Allow your shoulders to relax and shake out tension from your wrists and arms. Wiggle your fingers, then hold your hands in a loose fist as if lightly squeezing a tennis ball. When you begin walking, swing your arms in a natural form, not allowing them to extend above your chest.

Your steps should be kept short and fast. The faster you walk, of course, the higher the cardiovascular benefits. However, if you are just beginning a walking program, do not try to go too fast right away. Slowly increase your speed as your body adjusts to the exercise. No matter how fast you are walking, or how slow for that matter, always keep an even stride and maintain a steady pace.

As you proceed with your walk, your heel should be the first part of your foot to hit the ground. Roll through the ball of the foot and push off with your toes. This will help you reduce the risk of shin splints and/or tendon pulls.

Physical Discomforts to Watch Out For

If you feel any pain, do not ignore it in the hope that it will just go away. Any pain felt in your legs, back, or anywhere else when you walk is a warning sign something isn't right.

If the pain is minor, double-check your form, increase your warm-up, or add supports to your walking shoes. If your pain is chronic and persists, check in with a doctor. Describe the pain as precisely as you can.

If it is your feet that are bothering you, you won't enjoy your walk so being aware of some common foot problems and how to deal with them is imperative. Most common foot problems are fairly easy to treat and easier still to avoid. Here are a few tips to help and/or avoid foot discomfort:

A very common occurrence to beginning walkers is blisters. The best way to help this dilemma is to avoid them in the first place. Do so by keeping your feet dry and steering clear of those cotton socks we discussed earlier. Double-check the labels on the socks you are wearing during your walk to be sure that they are not made of all cotton. Before you gear up to walk, rub petroleum jelly on your feet and between your toes to reduce irritation that leads to blisters. Also be sure you do not lace up your shoes too tightly or too loosely. In time and after a few walks, you should get a feel for just how tight is comfortable for you. If shoes are tied too tightly, they will pinch and rub causing a greater likelihood for blistering.

If you find your arches aching, chances are you are pounding your feet down too hard while you are walking. Take note of your form – are you landing on your heel when you walk and pushing off with your toes? If you feel you are walking properly and you still have discomfort in your arches, you may be in need of arch supports. If you apply these tactics and still find you have pain, consult a podiatrist or a sports doctor for help.

Corns and calluses are another problem that can occur and they can be painful. If you discover you have a corn or callus, do not ignore them. Doing so will only serve to worsen the condition. Take note of your shoes and whether or not they still feel comfortable. Also, make sure those shoes still fit comfortably. The best of shoes will eventually need to be replaced, as with use, the cushioning will break down. It isn't a bad idea to buy two pair of walking shoes and alternate between them. This will allow each pair to properly "breathe", dry thoroughly and allow the soles cushioning a chance to "recuperate". Also, toss out any thin socks. The socks you wear while walking should always be thick enough to give you a nice cushion between your feet and the inside of your shoes.

Keep an eye on your toenails. If they become blackened and painful, this indicates your big toe is hitting the front of your shoe. Very common is people having one foot larger than the other, so you might want to put an extra sock on the smaller foot. Always buy your walking shoes for the larger foot. Keep your toenails neatly trimmed and filed, also.

Stretching

Stretching feels so good and will keep your body flexible. If you stretch prior to your walk and afterwards, you relax your body, increase flexibility and allow your muscles to lengthen as they cool down. This will reduce possibility of injury and will help you feel refreshed and energized as your heartbeat returns to its pre-workout rate. If you just stop a workout with no stretch, you can be left feeling tight, tense and tired.

For maximum and complete benefits of stretching, apply the following:

*Hold each stretch for at least 30 seconds.

*Do not stretch in drafty areas. If it is cold outside, do your stretches before leaving the house.

*Breathe deeply during each stretch.

*Ease into the stretches slowly, never straining.

*Do not force a stretch

*Do not jerk any of your stretching movements.

It is very important to stretch the hamstrings – the muscle in the back of the thigh. In our daily lives, these muscles do not get a proper stretch often enough. As a result, they are usually tight. It wouldn't hurt to stretch them from time to time throughout the day, too.

A good stretch for the hamstrings is the forward bend. Stand with your feet hip width apart. Point your toes straight-ahead. Relax your knees slightly to reduce stress on the back. Slowly bend forward at your hips. Look down at your feet and dangle your arms along your sides. Relax in this position and take some deep breaths. Focus on relaxing and lengthening your lower back. As you are doing this, you should be able to feel a deep stretch in the hamstrings. To come out of this stretch, bend your knees a little more, sort of as if you were going to sit down in a chair. Slowly roll yourself up, one vertebra at a time. This is a great stretch for relieving tension in your shoulders and neck, too. Actually, your entire body benefits from this stretch! You could utilize this stretch anytime you are feeling tensed up and irritable. It is one of those all-over good for you stretches and feels great.

Another good stretch for the hamstrings is the standing hamstring stretch. Using a stool, chair, bench or other solid, raised platform, place one heel up on the platform. Place your hands close to your ankles and gently bend over the raised leg. You should feel this in the hamstring. Only stretch to point of comfort – this should feel really good and should not be painful at all. As stated, this muscle is rarely stretched, therefore can be very tight. When first starting a stretching regime, go easy on it and stop at a point where you feel any discomfort what-so-ever.

HIP and KNEE - 39 Stretching
Standing Hamstring Stretch



Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.
Hold 10 seconds. Repeat 3 times.

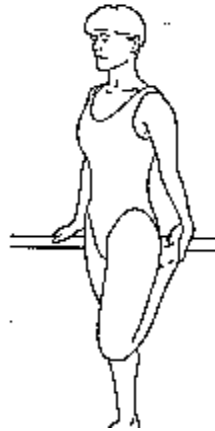
Other stretches to help you develop flexibility in the long muscles in the arms and legs are as follows:

Quadriceps Stretch:

Stand where you can hold on to something with one hand for balance. Bend your knee and grasp around the ankle. Bring your heel toward the buttock and point your tailbone down toward the floor. Hold the knees close together. You should feel this stretch in the front of the thigh. Repeat on the other leg.

UPPER LEG - 2
Quadriceps

Pull heel toward buttocks until a stretch is felt in front of thigh. Repeat to other side.



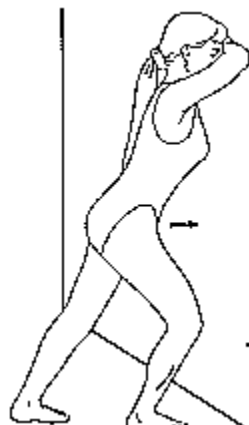
Hold 10 seconds.
Repeat 3 times.

Calf Stretch:

Stand where you can hold on to something with both your hands, or against a wall. Place one leg behind you. Position the ball of one foot with the heel on the ground. Put the other foot behind you. Press some of your body weight over the foot in front until you feel the other calf stretching. Repeat on the other leg.

LOWER LEG - 9
Achilles / Gastroc

With back leg straight, moving hip forward until stretch is felt. Repeat to other side.



Hold 10 seconds.
Repeat 3 times.

It wouldn't hurt to stretch out your chest and shoulders, also. Do so by standing with feet hip width apart, pulling in your stomach and holding a towel behind your body. Your hands should be as close as possible to each other. Gently raise your arms up until you feel the stretch across your chest and in the front area of your shoulders.

There are also two tension-relieving foot stretches that feel so good you'll find this an enjoyable habit to get into doing! Be sure to remove socks and shoes before doing these stretches and then, enjoy!

First Stretch:

Stand up straight
Shoulders should be relaxed and down
Hold abdominal muscles firm to support your back
Keep your pelvis in a neutral position
Place your feet hip width apart
Put your hands on your waist
Bend your knees slightly

Shift your weight back onto your heels and lift your toes off the ground. Flex the front of your feet. Spread your toes as wide as you can. Hold the stretch for the count of five and don't forget to breathe. This will feel terrific before you head out and later when you return home.

Second Stretch:

Find a comfortable chair and practice picking up magic markers with your toes. Give your toes a nice press, grip the marker, and lift your foot five to six inches off the ground then set it down. Do this exercise six times, alternating your feet.

FINALLY! TIME TO WALK YOUR WAY TO FITNESS!

Okay, you are now ready to begin your walking program. This program will start you off safely and have you in top walking form in seven weeks. Take it slowly at first, be sensitive to your body and the signals it sends you. If you have a day where you feel your tolerance is low, do not push yourself. This could be your body's way of telling you it wants/needs rest. Drink plenty of water, as your muscles work more effectively when they're well saturated. Have a tall glass of water (room temperature is ideal) before you head out, and another glass when you return home. If it's a warm day, carry a small container in case you need a few sips during your walk. Get enough sleep and don't forget to stretch after each walk as well as before. Soon, you'll be walking 30 minutes at a time and enjoying your walk every step of the way!

Easy, comfortable breathing is very important while you take your walks. Allow your abdominal muscles to expand while you inhale and flatten while you exhale. When you feel ready to intensify your walking, set a cadence for yourself with some favorite music

Listening to music can be a great way to pass the time and keep a steady pace when you walk. Keep in mind, however, a set of headphones can be a dangerous accessory. If you're walking at night, on an unfamiliar path, near traffic, or on bicycle paths, you need your senses alert and engaged. You may wish to choose to stay safe and leave the headphones at home. If you do so, there is another tactic you can use to keep your cadence. What you do is, count your steps, inhaling for four steps, exhaling for four steps, repeating as you walk. If you find yourself walking up a hill, take two to three steps for every breath. This will keep your pace brisk and your heart rate up. Off we go!

Week One

Since this is your first week, it is imperative you go easy, yet get enough exercise to increase your endurance. Therefore, this first week you need only walk for ten minutes on three separate days. What is very important this week, is to pay close attention to applying proper form. After several walks, you should find you are doing so naturally.

Week Two

This week you need to bump up the walking times to fifteen minutes, four days out of the week. Start applying the forward bend stretch each day prior to your walk.

Week Three

We're getting a little more intense now, but still going somewhat easy on you. Walk for twenty minutes, four times this week. This will help you begin to aim for your target heart rate. To get the greatest advantages from your walking program, you need to know how to hit your target heart rate. Commonly referred to as your THR, this is the training point that your body is achieving the best benefits from your walks. You want to walk at your THR for a minimum of twenty minutes. Your target heart rate is the range high enough to give you a training effect, but low enough to allow you to exercise safely for twenty to sixty minutes. Figuring out your target heart rate is easy:

First, subtract your age from 220 (for example, 220 minus 40 years = 180). Your target heart rate will be 60 to 80 percent of this number (108 to 144 beats per minute in this example).

At this point, you may want to consider using a heart rate monitor; a very handy walking tool that records your THR during your walk. A monitor tracks your cardiovascular progress and ensures you are not overshooting or under shooting during your walk. This is merely a matter of personal preference. Another good way to determine if you are at a comfortable rate is the "talking" test. If you can comfortably talk or carry on a conversation, you are okay. If it is difficult to talk or converse, your target heart rate is too high. If this is the case, slow down a bit.

Week Four

Now you need to crank up the walking to twenty-five minutes and extend it to five days of the week. Buy yourself a new pair of socks to celebrate how far you've come!

Week Five

Stick to five days of the week at this point, but add five more minutes to your program. If you are beginning to feel ambitious, you could begin to add some upper body toning on a day you do not walk.

Week Six

Stick to five days of walking a week now but walk for thirty minutes each time. You have now reached the level of walking for fitness and needn't extend your time again unless you wish to and you feel comfortable doing so. Many people begin to enjoy this so much they will walk up to an hour. This is, of course, extremely good for you, but the required thirty minute program is superb for proper fitness levels. At this point, any extended period of time is strictly optional.

You could also start to get in the habit of massaging your feet after each walk at this time. Use small and firm circular motions. This feels very good! It's more a reward than a necessity.

Week Seven

Keep walking! This is a point where many people tend to let up on their exercise program or begin to lose motivation. If you find this is happening to you, there are a few things that can help. Find support or a partner to walk with – anything it takes to keep you motivated. And treat yourself to something you've always wanted – non-edible! You've earned it.

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Walking daily is a good idea, but you should limit yourself to five days per week. If you ever notice or feel your heart rate shooting up too high, you could be over training or becoming dehydrated during your walk. Take note of how much liquid you are drinking and remember that one doesn't need to feel thirsty before they are becoming dehydrated. So, drink your water, especially in warm weather, as noted earlier. Never walk to the point of total exhaustion. Also, if you feel any pain that could turn into an injury, stop and have your doctor check it out.

It is always best to read your own body and do what it is telling you it needs you to do. A daily, thirty-minute walk every day is definitely a routine that is very effective, but increasing and decreasing frequency can be utilized and is appropriate for you when your schedule is restrictive. However, try not to walk less than thirty minutes a day because your results could suffer. If you find yourself in a slump, you could switch to three days a week, forty-five to sixty minutes each session for a few weeks and then go back to five days a week, thirty minutes a session. This is a way to avoid getting into a rut that causes you to become bored with your routine. You will still achieve maximum fitness benefits.

Some find walking clubs that help them stay motivated. Group walks are fun ways to meet other active people and mix up your standard routine. Many people make terrific new and lifelong friends this way, also.

You could also begin to add weight training to your fitness program. Strong muscles work more efficiently, reduce your chance of injury, and burn calories around the clock and give you a leaner, fitter appearance. Who could ask for more?

**Happy trails!**



## TREADMILLS

If you are one that does not care to walk outdoors, or allergies, cold weather, rainy weather etc., prevent you from doing so, a good alternative is to invest in a treadmill. There are many benefits to walking on a treadmill.

Using a treadmill for walking can be as beneficial as brisk walking outdoors, especially when the weather conditions are not great. Many find they are more consistent and focused with this indoor alternative. When you get cold or the roads are wet, and you try to do your walking outdoors, you will probably cut your walks short and be distracted, thinking you don't want to slip or go too far in case you need another jacket.

If you switch to the treadmill, or use one on days you prefer not to go outdoors, be sure to set your timer. Choose a program that is challenging enough to keep you moving at the same speed as your walks or even a little faster. 3.5 to 4 miles per hour is a good place to start, and you can adjust from there. If you want to boost up your workout set your incline to about 6-8 percent. Walk as quickly as you can for several minutes at a time at that incline. Do not lean backward as this can put stress on your lower back. Walk about 45-50 minutes total.

If you walk on your treadmill at a speed of 3.5 to 4.5 miles per hour, and with a 5 percent incline, you will work the same muscles as above adding your buttocks as a bonus. Beginners, as well as advanced exercisers, should take note and be aware of how your feet are landing. They should land heel-to-toe on the treadmill and the intensity should be kept high throughout the workout.

If you're looking to beef up your workouts with a treadmill, run on your treadmill at 5.5 to 6.5 mile per hour rate with no incline, you will work the quads, hamstrings, and calves. Many enjoy doing this while watching a favorite TV program or reading a good book or magazine. This is fine, however, if you feel really charged up, you might want to turn off the TV and/or put down the book or magazine, turn on some music instead and try adding a little more intensity. Do so by keeping your arms bent 90 degrees and pumping hard. One could also combine a treadmill workout with a climbing machine for an excellent fat burner. Of course, now you're talking expensive equipment and the room to put them. Again, personal preference!

## WALKING AND STOMACH TONING

When you've finished your seven-week program and are now an avid and devoted walker, you may want to incorporate some abdominal strengthening into your current walking regime.

The first thing you need to do to accomplish this is to become very aware of your posture during the entire time you are walking. First, begin your walk by reaching your arms up toward the sky. This lengthens and stretches the sides of your waist. With your arms up in this position, think of pointing your tailbone toward the floor and simultaneously lift and

flatten your abdominal muscles. Now, slowly lower your arms. Keep your midsection lifted and firm, with your hips in alignment. As you begin speeding your walk up, take short brisk strides. Concentrate on bringing the back arm upward as in a shoulder shrug, as your front arm swings forward. This rotates the shoulders and brings movement into the torso. Expand your abdomen when you inhale and contract it when you exhale

This will avoid crunching your midsection yet help define and strengthen your torso. If you feel up to it, you could try race walking at this point. Race walking involves taking short strides while lifting up your chest and torso to create space at your midsection. Keep your hipbones facing forward and swivel your shoulders so your left shoulder and arm swing forward as your right takes a step out. Bend your back arm slightly and lift the upper arm parallel to the ground as it swings back. This action will help trim your midsection, and the added cardiovascular work will help you lose more body fat overall, which also helps the abdominal area trim down. Doing this will greatly improve your posture and will help work your abdominal muscles as well.

Remember to squeeze your abdominal muscles when you exhale and let them expand when you inhale.

### THE CALORIES BURNED DURING YOUR WALKS

#### Walkers Calorie Counter

Use the chart below to find out how many calories you burn walking:

1. Find your weight on the left
2. Find the speed you walk on the right

The corresponding number is the amount of calories used per hour.

| Weight<br>(in lbs.) | Miles per hour |     |     |     |     |
|---------------------|----------------|-----|-----|-----|-----|
|                     | 2              | 2.5 | 3   | 4   | 4.5 |
| 100                 | 114            | 136 | 159 | 182 | 205 |
| 105                 | 119            | 143 | 167 | 191 | 215 |
| 110                 | 125            | 150 | 175 | 200 | 225 |
| 115                 | 131            | 157 | 183 | 209 | 235 |
| 120                 | 136            | 164 | 191 | 218 | 245 |
| 125                 | 142            | 170 | 199 | 227 | 256 |
| 130                 | 148            | 177 | 207 | 236 | 266 |
| 135                 | 153            | 184 | 215 | 245 | 276 |
| 140                 | 159            | 191 | 223 | 255 | 286 |
| 145                 | 165            | 198 | 231 | 264 | 297 |
| 150                 | 170            | 205 | 239 | 273 | 307 |
| 155                 | 176            | 211 | 247 | 282 | 317 |
| 160                 | 182            | 218 | 255 | 291 | 327 |
| 165                 | 188            | 225 | 263 | 300 | 338 |
| 170                 | 193            | 232 | 270 | 309 | 348 |

|     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|
| 180 | 205 | 245 | 286 | 327 | 368 |
| 185 | 210 | 252 | 294 | 336 | 378 |
| 190 | 216 | 259 | 302 | 345 | 389 |
| 200 | 227 | 273 | 318 | 364 | 409 |
| 205 | 233 | 280 | 326 | 373 | 419 |
| 210 | 239 | 286 | 334 | 382 | 430 |
| 215 | 244 | 293 | 342 | 391 | 440 |
| 220 | 250 | 300 | 350 | 400 | 450 |
| 225 | 256 | 307 | 358 | 409 | 460 |
| 230 | 261 | 314 | 366 | 418 | 470 |
| 235 | 267 | 320 | 374 | 427 | 481 |
| 240 | 273 | 327 | 382 | 436 | 491 |
| 245 | 278 | 334 | 390 | 445 | 501 |
| 250 | 284 | 341 | 398 | 455 | 511 |
| 255 | 290 | 348 | 406 | 464 | 522 |
| 260 | 295 | 355 | 414 | 473 | 532 |
| 265 | 301 | 361 | 422 | 482 | 542 |
| 270 | 307 | 368 | 430 | 491 | 552 |
| 275 | 313 | 375 | 438 | 500 | 563 |
| 280 | 318 | 382 | 445 | 509 | 573 |
| 285 | 324 | 389 | 453 | 518 | 583 |
| 290 | 330 | 395 | 461 | 527 | 593 |
| 295 | 335 | 402 | 469 | 536 | 603 |
| 300 | 341 | 409 | 477 | 545 | 614 |

### WEIGHTED WALKING

Weighted walking can sound really good on the surface, but in reality, it isn't a good idea to incorporate weights in your walking routine. It is far better to separately work out with weights. Both hand held and ankle weights can throw off your balance while walking. This can cause muscle strain or injury - something we're trying to avoid and an occurrence I take great pains to help you avoid. You really can't build much more muscle if you carry weights while walking anyway. You'd benefit so much more by doing a separate weight training program. When you set out for your walk, lighten up and focus on holding your spine upright and keeping your shoulders in a relaxed position. But when you hit the pavement, lighten up and focus on holding your spine upright with relaxed shoulders.

If you are one who really wishes to use some weights during your walk, first be very careful and know the risks. Second, don't carry more than half-pound to one-pound hand weights. This has become a popular practice among dedicated walkers, and carrying a light amount such as these shouldn't be too risky. If you go too heavy with those weights, you may find them to be a detrimental momentum builder making your workout less effective and increasing the risk of injury. The word dangerous can even be applied. When you walk fast with weights, you can greatly increase your risk of injury. It's much better to focus on speed walking rather than on weighted walking.

If you are looking to intensify your work out and decided weights isn't the thing for you but are wondering what else is possible, you may wish to try interval training. This is where you alternate between fast and slower speed, or walk at various inclines. If you keep your hipbones facing forward and allow your upper body to swivel, this twisting action occurs at the waistline, so you need to keep your abdominal muscles held firm. You should be able to feel the movement stretching your back.

Another walking tip is to keep your hipbones facing forward and allow your upper body to swivel. This twisting action happens at the waist, so keep your abdominal muscles firm and you'll feel the movement stretching your back. Focus on swinging your arms back, parallel to the ground, with every step. This technique can be helpful in eliminating the need to use hand weights.

As for ankle weights, these you should rule out entirely. They can irritate your joints, cause knee problems and ankle pain. When you push off your rear leg and swing it forward to take another step, the weight around your ankle will create added momentum. The forward action of your leg, along with the swinging momentum of weight, may cause your knee to hyper extend or straighten beyond its comfortable length.

### **WALK - RUN VARIETY**

People often say "Well, I've conquered walking and would like to try running, how do I begin?" Both walking and running are great cardiovascular activities. The benefit with walking is much less strain on the knees and shins. If you are anticipating running as a form of your cardiovascular exercise routine, a good way to start would be to use interval training. This means you would run and walk during the same workout session. You can start out walking for five minutes, run for one minute, continuing to switch off like this. When you feel ready for more of a challenge, progress to walking three minutes, running two. This can be an excellent way to add variety to your routine along with a boost in cardiovascular benefits. On days you aren't feeling as energetic, stick to your normal walking routine. You'll still reap the benefits of your cardiovascular work out.

You could also try running on flat ground and walking up hills for an increased challenge. Remember to maintain a 3/30 program, which means you walk or walk/run at a brisk pace three times a week for at least 30 minutes a day. Be consistent and don't give up!

### **INFO ON SOME SPECIFIC NEEDS**

#### ***SHIN SPLINTS***

If you feel a burning or painful sensation on the outside or on the top muscle of your shin when you flex your foot upwards, try a more flexible shoe. When you are walking uphill, or have stiff shoes, you get too much resistance pulling the toes toward your knee. The muscle gets tired, lactic acid builds up and you'll feel the burning or pain.

If you are feeling pain in the deeper part of the bone, the burning you feel is a common injury of over use called shin splints. Repeated pounding of the foot from running or aerobics is the main cause of shin splints. An inflammatory reaction results at the attachment of deep muscles in the tibia. Biomechanical faults of the foot, such as abnormal pronation, can also cause shin splints. In mild cases, the pain will only occur after activity, but if the case becomes more severe, so will the pain. Some swelling or puffiness may be present.

### **HEEL SPURS**

Pain and tenderness beneath the heel characterize heel spurs. For this problem, it is strongly recommended you see a foot doctor and get your feet fitted for orthotics. Orthotics fit into your shoe and supports the instep of your foot. When you stand, your entire foot does not get over stretched, causing it to pull from your heel. You gradually increase the hours your wear the orthotics until you are able to wear them all the time. As your feet respond, the pain will disappear and the inflammation will subside, but you must continue to wear the orthotics.

### **Walking when Pregnant**

If you're a regular exerciser with a program you've been doing prior to becoming pregnant, it is strongly advised you continue to workout, but lower the intensity of them throughout your pregnancy. Of course, it is always best to check with your doctor first. In the event of any special difficulties or such, you need to care for your baby first. If you did not exercise prior to becoming pregnant, do not begin an exercise program without professional help.

Walking is an ideal form of exercise for pregnant women. It tones the body, gives you fresh air, and helps you sleep soundly at night. You should avoid tiring yourself to the point of exhaustion, so you could take several shorter, pleasant walks rather than one big, tiring one. You may need to go up a size in your shoes if your feet and ankles are swelling.

After your pregnancy, walking is still a great way to get back into shape and to prepare for your regular workouts.

### **Daily Nutrition Guide**

#### **Women 25-50**

**Calories 2200**

**Fat 73 g or less**

**Saturated Fat 24 g or less**

**Cholesterol 300 mg or less**

**Sodium 2400 mg or less**

**Carbohydrates 335 g**

**Fiber 20 - 30 g**

**Protein 50 g**

Women over 50  
 Calories 1900 or less  
 Fat 63 g or less  
 Saturated Fat 21 g or less  
 Cholesterol 300 mg or less  
 Sodium 2400 mg or less  
 Carbohydrates 283 g  
 Fiber 20 - 30 g  
 Protein 50 g

All Men over 24  
 Calories 2900 or less  
 Fat 96 g or less  
 Saturated Fat 32 g or less  
 Cholesterol 300 mg or less  
 Sodium 2400 mg or less  
 Carbohydrates 446 g  
 Fiber 20 - 30 g  
 Protein – 63 g

### HEIGHT WEIGHT CHART

| SUGGESTED WEIGHTS FOR ADULTS (RANGE INCLUDES MEN AND WOMEN) |                 |              |
|-------------------------------------------------------------|-----------------|--------------|
| HEIGHT                                                      | 19-34 YEARS OLD | 35 AND OLDER |
| 5'0"                                                        | 97-128          | 108-138      |
| 5'1"                                                        | 101-132         | 111-143      |
| 5'2"                                                        | 104-137         | 115-148      |
| 5'3"                                                        | 107-141         | 119-152      |
| 5'4"                                                        | 111-146         | 122-157      |
| 5'5"                                                        | 114-150         | 126-162      |
| 5'6"                                                        | 118-155         | 130-167      |
| 5'7"                                                        | 121-160         | 134-172      |
| 5'8"                                                        | 125-164         | 138-178      |
| 5'9"                                                        | 129-169         | 142-183      |
| 5'10"                                                       | 132-174         | 146-188      |
| 5'11"                                                       | 136-179         | 151-194      |
| 6'0"                                                        | 140-184         | 155-199      |
| 6'1"                                                        | 144-189         | 159-205      |
| 6'2"                                                        | 148-195         | 164-210      |
| 6'3"                                                        | 152-200         | 168-216      |
| 6'4"                                                        | 156-205         | 173-222      |
| 6'5"                                                        | 160-211         | 177-228      |
| 6'6"                                                        | 164-216         | 182-234      |

**Note: Some of the weights will show up as Overweight on the BMI chart. This is due to many factors. These charts are to give you an idea of where you should be -- the most ideal weight is somewhere in the middle of the weights recommended.**

## BMI CHART

| WHAT'S YOUR BMI? |        |     |     |     |     |     |            |     |     |     |     |     |       |     |     |     |     |     |            |     |     |     |     |     |
|------------------|--------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|
|                  | NORMAL |     |     |     |     |     | OVERWEIGHT |     |     |     |     |     | OBESE |     |     |     |     |     | VERY OBESE |     |     |     |     |     |
| Height           | 19     | 20  | 21  | 22  | 23  | 24  | 25         | 26  | 27  | 28  | 29  | 30  | 31    | 32  | 33  | 34  | 35  | 36  | 37         | 38  | 39  | 40  | 41  | 42  |
|                  | 97     | 102 | 107 | 112 | 118 | 123 | 128        | 133 | 138 | 143 | 148 | 153 | 158   | 163 | 168 | 173 | 178 | 183 | 188        | 193 | 198 | 203 | 208 | 213 |
| 5'1"             | 100    | 106 | 111 | 116 | 122 | 127 | 132        | 137 | 142 | 147 | 152 | 157 | 162   | 167 | 172 | 177 | 182 | 187 | 192        | 197 | 202 | 207 | 212 | 217 |
| 5'2"             | 104    | 109 | 114 | 119 | 125 | 130 | 135        | 140 | 145 | 150 | 155 | 160 | 165   | 170 | 175 | 180 | 185 | 190 | 195        | 200 | 205 | 210 | 215 | 220 |
| 5'3"             | 107    | 112 | 117 | 122 | 128 | 133 | 138        | 143 | 148 | 153 | 158 | 163 | 168   | 173 | 178 | 183 | 188 | 193 | 198        | 203 | 208 | 213 | 218 | 223 |
| 5'4"             | 110    | 115 | 120 | 125 | 131 | 136 | 141        | 146 | 151 | 156 | 161 | 166 | 171   | 176 | 181 | 186 | 191 | 196 | 201        | 206 | 211 | 216 | 221 | 226 |
| 5'5"             | 113    | 118 | 123 | 128 | 134 | 139 | 144        | 149 | 154 | 159 | 164 | 169 | 174   | 179 | 184 | 189 | 194 | 199 | 204        | 209 | 214 | 219 | 224 | 229 |
| 5'6"             | 116    | 121 | 126 | 131 | 137 | 142 | 147        | 152 | 157 | 162 | 167 | 172 | 177   | 182 | 187 | 192 | 197 | 202 | 207        | 212 | 217 | 222 | 227 | 232 |
| 5'7"             | 119    | 124 | 129 | 134 | 140 | 145 | 150        | 155 | 160 | 165 | 170 | 175 | 180   | 185 | 190 | 195 | 200 | 205 | 210        | 215 | 220 | 225 | 230 | 235 |
| 5'8"             | 122    | 127 | 132 | 137 | 143 | 148 | 153        | 158 | 163 | 168 | 173 | 178 | 183   | 188 | 193 | 198 | 203 | 208 | 213        | 218 | 223 | 228 | 233 | 238 |
| 5'9"             | 125    | 130 | 135 | 140 | 146 | 151 | 156        | 161 | 166 | 171 | 176 | 181 | 186   | 191 | 196 | 201 | 206 | 211 | 216        | 221 | 226 | 231 | 236 | 241 |
| 5'10"            | 128    | 133 | 138 | 143 | 149 | 154 | 159        | 164 | 169 | 174 | 179 | 184 | 189   | 194 | 199 | 204 | 209 | 214 | 219        | 224 | 229 | 234 | 239 | 244 |
| 5'11"            | 131    | 136 | 141 | 146 | 152 | 157 | 162        | 167 | 172 | 177 | 182 | 187 | 192   | 197 | 202 | 207 | 212 | 217 | 222        | 227 | 232 | 237 | 242 | 247 |
| 6'               | 134    | 139 | 144 | 149 | 155 | 160 | 165        | 170 | 175 | 180 | 185 | 190 | 195   | 200 | 205 | 210 | 215 | 220 | 225        | 230 | 235 | 240 | 245 | 250 |

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