

AEROBICS FOR A HEALTHY HEART - Walking Part II

How do you start on the road to health and wellness through exercise? First, always see your physician for a complete physical and exercise advisement. The next step is as easy as putting one foot in front of the other and walking into good health. Walking is an excellent exercise because almost everyone can do it and the risk of injury is very low.

Walking also uses many major muscles-including the arms and shoulders, abdominals, buttocks, hip flexors, quadriceps, hamstrings, anterior tibialis and calf muscles. These muscles can also be made to work harder by simply adding hand or leg weights, if approved by your physician. To have appropriate cardiovascular effects, walkers need a brisk pace to raise their heart rates to appropriate levels set by their physician. An hour of brisk walking can burn between 275 and 375 calories. Also, a minimum of 20 minutes of brisk walking can raise a person's metabolic rate for the following three to five hours! In other words, a person will burn more calories than normal during that time.

Before starting a walking exercise program, remember these tips:

1. Allow at least 1 to 2 hours after eating before exercise.
2. Warm up and cool down with



Stay Healthy

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3. stretching exercises.
3. Wear good quality walking or running shoes and appropriate attire.
4. Drink plenty of water before, during and after exercise to prevent dehydration.
5. Don't walk in extreme temperatures (recommended 40-80 degrees F) or weather.
6. Your breathing rate and heart rate should return to normal within 10 minutes after ending exercise.
7. Don't do too much too soon. Start at a pace and distance that can be done with reasonable ease. Then build up gradually over time.
8. For improved aerobic conditioning, try to work up to exercising

at least 20 minutes three times a week.

9. Always see your physician for a complete physical before starting any exercise program, and return to your physician if any abnormal symptoms occur during exercise.
10. Have fun! Exercise should fit into your lifestyle and be fun. If not, you probably will not stick to it.

If you invest a small amount of time into exercise, the dividends can pay out a lifetime of living with improved independence and wellness. All you have to do is find an activity you enjoy and start exercising. If you need help with an exercise program, just remember it is best to check with one of your local and caring healthcare professionals. They are always willing to go the extra step to help you on the road to fitness.