Walking Tips

• Consult your health care provider before starting an exercise program.
• Wear comfortable, well-cushioned shoes.
• Replace walking shoes at least every 6 months.
• Divide your walk into three parts.
  1. Warm-up: Walk slowly for 5 to 10 minutes. This will help your heart, lungs, muscles, and joints get ready for exercise.
  2. Walk: Increase walking speed to a brisk walk. You should be able to easily carry on a conversation.
  3. Cool down: Walk slowly again for a few minutes until your breath returns to normal. Your body needs time to cool down so you do not become stiff and sore.
• Stretch after walking to increase flexibility.
• Wear clothes that keep you dry and comfortable.
• Be sure to keep hydrated.
• Walk 30 minutes per day five times a week.
• Plan a few walking routes. Change of scenery adds variety to your walk.
• Keep track of your progress with a walking journal or log.

P (Posture) Walk with your head erect and stomach pulled in.
A (Arm Swing) Include your arms for a good workout. Allow them to swing naturally.
S (Stride) Your stride should be natural.
S (Speed) Be sure you can carry on a normal conversation.

Benefits of Walking
• Inexpensive
• Enhance mental well-being
• Reduce blood cholesterol
• Lower blood pressure
• Boost bone strength
• Help manage weight
• Lower risk of type 2 diabetes
• Tone your muscle
• Less fatigued, more energy
• Sleep better

Notice: If you are new to walking, start off slow with short sessions and build your way up gradually, especially if you have health concerns.

Cold Weather Walking Options
Transportation will be provided from Mansfield Center and Iowa Hall November – March. Time and exact dates TBA in Tempo.

Walk Your Way to a Better Day
There is no reason you need to take a break from walking when the temperature drops.
Check out the Michael J. Gould Recreation Center.

Kirkwood Wellness
www.kirkwood.edu/wellness
Benefits of walking with a co-worker/friend

- Opportunity to actively socialize
- Safety
- Motivation
- More likely to stay committed
- Organize a lunchtime walking group. Here’s how to get started:
  1. Pick a location from our map. Distances provided.
  2. Collaborate with inter-department co-workers.
  3. Pick a time.
  4. Bring water.
  5. Put on your shoes and get started.

Distances

East Entrance of Linn Hall to Kirkwood walking track
0.27 miles
Front of Iowa Hall to Kirkwood walking track
0.28 miles
Front of Washington Hall
0.6 miles

Walking is a natural and effective way to stay active and feel great!