



# WALKING YOUR WAY TO A Healthier Life!

It's the simplest, most accessible form of exercise and it may also be

the best thing you can do each day to improve and maintain health and well-being throughout life. However, you have to leave time in your busy schedule to follow a walking program that will work for you. In planning your walking program, keep the following points in mind:

## Walking Tips

Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.

Wear shoes with thick flexible soles that will cushion your feet and absorb shock.

Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.

For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.

Do light stretching before and after you walk.

Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for five minutes.

Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.

To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.

The more you walk, the better you will feel. You also will use more calories.

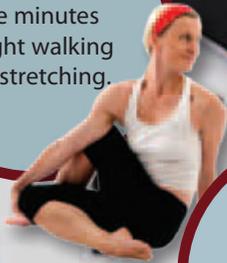
Source: <http://win.niddk.nih.gov/publications/walking.htm>



# SHORT Circuit

By Mike Perko, PhD

**Warm Up**  
Five minutes  
of light walking  
and stretching.



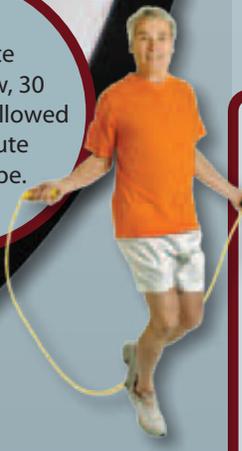
**Circuit #1**  
One minute of  
dumbbell chest  
press, 30 seconds  
rest, followed by one  
minute walking in  
place.



**Circuit #2**  
One minute  
crunches, 30 seconds  
rest, followed by one  
minute alternate leg  
lunges.



**Circuit #3**  
One minute  
dumbbell row, 30  
seconds rest, followed  
by one minute  
jumping rope.



**Cool Down**  
5-10 minutes  
of elliptical  
machine followed  
by stretching.



**Got 29 minutes?** Get your pump on with Circuit training. As more and more Americans work longer hours, the time we have to spend working out gets less and less. With this in mind, look for circuit training to be a popular trend. During circuit training, you perform a circuit of weight-training exercises using low weights and high repetitions, or cardiovascular exercises, with little or no rest in between, in order to keep the workout intensity and your heart rate up. In as little as 30 minutes, circuit training has been shown to increase lean body weight, decrease percentage of body fat, increase strength, and improve the body's ability to use oxygen.

Circuit training can be done at the gym, at home, or on the road. All you need is 30 minutes and a good imagination. By the way, don't do circuit training if you are not currently exercising, and be sure to alternate it with other types of exercise during the week.