

WALK YOUR WAY TO GOOD HEALTH

Walking Is Relaxing And Great For Your Health!

Tips To Make Walking Safe And Fun

- ✓ Choose a safe place to walk. Do not wear jewelry or headphones while walking and be aware of your surroundings.
- ✓ Walk with a friend or group of people.
- ✓ Wear comfortable shoes and clothing. Shoes should have flexible soles. Wear cool clothes in summer and layer your clothes for winter walks outside.
- ✓ Stretch before you walk.
- ✓ Walk with chin up and shoulders held slightly back. The heel of your foot should touch the ground first as you walk. Walk with your arms swinging at your sides.
- ✓ The last five minutes of your walk slow down so you can cool down.
- ✓ Begin your walking program slowly. Add a few more minutes to your walk each week. Walk at least 3 times per week but preferably most days of the week.



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