

Your Health Matters

START WALKING!

Regular exercise increases your muscle strength, improves your balance and helps with your walking which can prevent falls. Walking is one of the easiest ways to get exercise. It can be done anywhere, anytime and costs very little.

Benefits of walking:

- Improves posture and balance
- Improves physical and mental health
- Increases energy
- Improves sleep
- Reduces aches and pains
- Develops stronger bones and muscles
- Reduces stress and promotes relaxation
- Improves weight and weight maintenance
- Improves self-esteem
- Improves quality of life
- Reduces the impact of chronic diseases and illness
- Promotes independent living

Start your walking program:

- Check with your health care provider before starting a walking program.
- Wear supportive shoes that will cushion your feet and absorb shock.
- Choose a safe route that:
 - ◇ is well lit
 - ◇ provides seats if required
 - ◇ is free of cracks, potholes, uneven or slippery surfaces
- Find a walking partner or a walking group.
- If you walk alone, always tell a friend or family member where and how long you will be.
- Track your walking goals (e.g. distance, time, number of laps, etc.) on a calendar to keep motivated. Available in multiple formats

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Proper walking techniques:

- Stand tall and look straight ahead—not at the ground.
- Allow your arms to swing naturally by your side.
- Keep arms, neck and shoulders relaxed.
- Walk smoothly, rolling your foot from heel to toe.

Tips:

- Ask your health care provider for a walking program that suits your needs.
- Your walking program should include warm up and cool down stretches, as directed by your health care provider.
- Always begin and end your walk with a slow walking pace.



Available in multiple formats