= Walking Path
1 Lap = 1.6 Miles
WHY WALK?

• **Walking prevents type 2 diabetes.**
  The Diabetes Prevention Program showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.

• **Walking is good for your brain.**
  In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function.

• **Walking is good for your bones.**
  Research shows that postmenopausal women who walk approximately one mile each day have higher whole-body bone density than women who walk shorter distances.

• **Walking helps symptoms of depression.**
  Walking for 30 minutes three to five times per week for 12 weeks reduced symptoms of depression.

• **Walking improves fitness.**
  Walking just three times a week for 30 minutes can increase cardiorespiratory fitness.

• **Walking improves physical function.**
  Research shows that walking improves fitness and physical function and prevents disability in older persons.

You may already know how to walk, but here are some extra tips!

**WALKING POSTURE**

• **Stand up straight**
• **Do not arch your back**
• **Do not lean forward or backward (this can put strain on back muscles)**
• **Keep your eyes looking ahead of you, not down**
• **Chin up about parallel to the ground (this reduces strain on the neck and back)**
• **Pull in your stomach**
• **Keep your shoulders slightly back (Shrug once and let your shoulders fall and relax to find the correct positioning)**
• **Allow your waist to twist as you walk**
• **Rotate your hips forward and tuck in your behind just a bit to keep from arching your back**

**STRIDE**

• **Avoid over-striding, which is taking longer steps to increase speed; it is inefficient and potentially harmful**
• **Take more, smaller steps**
• **Concentrate on a powerful push-off while the front foot lands closer to the body**
• **Try to swing your arms in time with your stride**

**ARM MOTION**

• **Keep your elbows bent at 90 degrees**
• **Do not clench hands, but keep them in a relaxed curl**
• **With each step, the arm opposite your forward foot comes straight forward**
• **As the foot goes back, the opposite arm comes straight back**
• **The hand should not cross the midpoint of your body**
• **Speed up your arm swing to increase your speed and your legs will follow**

**TAKING THE FIRST STEP**

• **Strike the ground first with your heel**
• **Roll through the step from heel to toe – being flat footed will slow you down**
• **Flexible shoes will ensure you are able to roll through the step**
• **Push off a step with your toes**
• **Breathe naturally, and as you walk, take deep, rhythmic breaths**
• ** Pretend you are walking along a straight line**
• **Take some water and some food too if you’re going on a longer walk**
• **At first, your shin muscles may tire and be sore until they are strengthened**

Adapted From:

[www.medicinenet.com/walking/page2.htm](http://www.medicinenet.com/walking/page2.htm)
[www.thewalkingsite.com/howtowalk.html](http://www.thewalkingsite.com/howtowalk.html)
[walking.about.com/cs/beginners/a/howtech.htm](http://walking.about.com/cs/beginners/a/howtech.htm)