Healthier U
Wellness in the Workplace

Ashley Schiff Preserve Outdoor Walking Map

SOUTH CAMPUS

Dutchess Hall
Putnam Hall
Dana Hall
Suffolk Hall
Nassau Hall

Feet
0 264ft

Ashley Schiff Preserve

= Walking Path, 1 Lap = .14 Miles
= Walking Path, 1 Lap = .08 Miles
= Walking Path, 1 Lap = .15 Miles

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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
- www.thewalkingsite.com/howtowalk.html
- walking.about.com/cs/beginners/a/howtech.htm

Source: www.medicinenet.com/walking/article.htm

www.stonybrook.edu/healthieru