
Slide 1




Walking to Health, Happiness & Longevity

Presentation by:
MHN Training & Development

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Participant Handbook

Slide 2




Learning Objectives

- Identify the benefits of regular walking
- Discuss different personal motivations for walking
- Determine current walking amounts
- Create a plan to reach 10,000 steps a day

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Benefits of Walking

- Reduces risks of disease (cancer, diabetes, high cholesterol, high blood pressure)
- Supports weight maintenance
- Reduces stress
- Elevates mood
- Keeps us strong and active

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Walking Gear

- Shoes
 - Most important element of equipment
 - Good fitting; developed for walking is best
 - Low, supported heel that rounds (bevels) in
 - Flexible sole
 - Light weight, breathable
 - Shop at the end of the day; Wear socks you will wear to walk
 - Wear in house a few days to test
- Clothing
 - Loose fitting, with a moisture-wicking layer
 - Layering
- Safety Gear
 - Reflective gear for night or low light walks outdoors

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Using Technology to Track Steps or Distance

- Why use technology?
 - Record progress towards goals
- Smartphone applications offer a variety of features
 - Track speed, distance, route and/or steps/all day activity
 - Share your workout with others
 - Compete against other people
 - Donate money to charities
 - Tally calories used
 - Provide workout music
- Pedometer
- Fitness trackers come in the form of watches, wrist bands, rings or clip-ons

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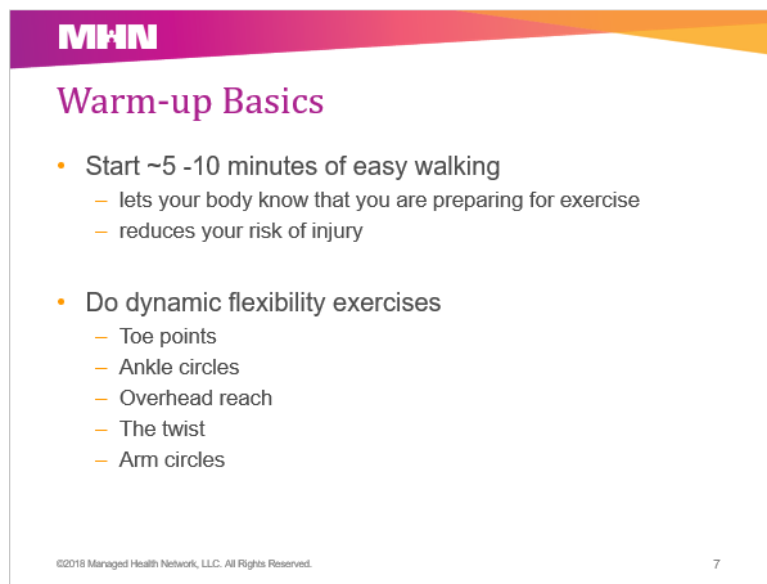
Getting Started

- Designate a time to walk
- Start slow and easy
 - Check with your physician first
- Find something/someone for inspiration
 - Walking partner
 - Walk the dog
 - Music/audiobook
- Keep a walking log/journal or use an app

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Warm-up Basics

- Start ~5 -10 minutes of easy walking
 - lets your body know that you are preparing for exercise
 - reduces your risk of injury
- Do dynamic flexibility exercises
 - Toe points
 - Ankle circles
 - Overhead reach
 - The twist
 - Arm circles

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Good Walking Technique

- Good Form
 - Posture: Stand up straight & walk tall
 - Watch for Overstriding/Understriding
 - Push off with back foot, heel-to-toe
 - Arm Swing
- Speed Matters
 - For health: ~3 mph (20 minute mile)
 - For weight loss: ~4 mph (15 minute mile)
 - Observe basic safety

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Walking Work-outs

- Endurance
 - Gradually increase time/distance
 - No more than 10% per week
- Strength and Speed
 - Increasing pace
 - Increasing intensity
 - Hills
 - Intervals
- Rest and Recovery
 - Schedule day off to avoid over-training
- Planning for Bad Weather

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Cool-down is Important!

- Slowing down
- Post walk stretching
 - Calves
 - Shins
 - Hamstring and lower back
 - Outer thighs, buttocks and spine
 - Lower back
 - Quadriceps
 - Shoulders
 - Neck
- Log your time/distance

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Developing a Walking Schedule

- If you are a **beginner who does not exercise at all...**
 - you could start with 10 mins 3-4 times a week, adding 2 mins each week until you are walking 20 to 30 mins/day
- If you are walking for **general health benefits...**
 - try to walk a minimum of 30 mins a day, most days of the week, at a "talking" pace
- If you are walking to **improve cardiovascular fitness...**
 - Try walking 20 to 30 mins a day, 3-4 days a week at a very fast pace

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Staying Motivated

- Set performance goals
- Make it fun!
- Vary your routine
- Compete
- Get back on track if you stop walking
 - Get walking again!
 - Think positively
 - Re-evaluate your goals
 - Continually plan

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The 10,000 Steps Program

- 10,000 steps is equivalent of accumulating 30 minutes of daily activity
- 10,000 steps approximates 5 miles
- Begin with your daily amount
 - Use a fitness tracker or even a basic pedometer
- Build gradually to 10,000 steps a day

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Resources

Online

- MHN Online: www.MHN.com
- Shape-Up America! www.shapeup.org
- Walking for Fitness: www.walking.about.com
- The Mayo Clinic: www.mayoclinic.com/health/walking

Fitness App Article:

- www.verywellfit.com/best-walking-app-p2-3434995

Fitness Tracker Articles:

- Search online for "fitness trackers pc magazine"
- Pedometer Article: www.verywellfit.com/best-pedometers-4159148

Books

- *10,000 Steps a day to Your Optimal Weight*, G. Isaacs
- *The Complete Guide to Walking*, M. Fenton
- *Fitness Walking*, T. Iknoian

Handout A. Choosing Walking Shoes

But there are a few basics for selecting walking shoes:

- 1) Look for a low, supportive heel that rounds (or bevels) in. A thick heel or one that flairs out will cause your foot to slap down rather than roll. This slows down forward momentum and increases the occurrence of sore shins.
- 2) A walker's foot hits heel first and then rolls gradually from heel-to-toe. So, you will need a flexible sole and more bend in the toe than a runner. You should be able to twist and bend the toe area.
- 3) Next, look for a shoe that is light weight and breathable. The last thing you want is the clunky heavy leather walking shoe.
- 4) The most important thing of course is a shoe that fits properly. Be sure your foot has enough room in the toe box. There should be a thumbnails width (or about a half inch) between your toes and the end of the shoe. The shoe should be wide enough in the toe that your toes can move freely. Your heel should not slip, and the shoe should not pinch or bind, especially across the arch or ball of your foot.
- 5) Go shoe shopping at the end of the day or after your walk when your feet may be slightly swollen. Also, be sure to wear the same socks you will be wearing during your walks. This can make a huge difference in how the shoe fits. Try on both shoes. Your feet may not be the same size (really!).
- 6) Do not shop when you are in a hurry. Be sure to walk around the store for a few minutes on a hard surface. If the store has an objection to this, find another store. It is worth the effort to find the right shoe for you and it is worth spending a few extra dollars.
- 7) Wear your shoes in the house for a few days to try them out. Don't venture outdoors until you are sure the shoes are going to work for you. (If the shoes are not going to work out you will want to exchange them before scuffing them up outside.)
- 8) Keep track of how many miles you have put on your shoes and replace them every 300 to 600 miles. (If you are wearing very lightweight shoes, are overweight, or you are hard on your shoes stay toward the low end on mileage.) To extend the life of your shoes be sure to only wear them only for your walks. Also rotating two pair of shoes will give them time to "bounce back" between walks.

Handout B. Sample Walking Log

<i>Weekly Activity Log</i> Week of:					
Day	Distance	Steps	Time	Speed	Notes
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
Weekly Total					
Goals					
Progress					
Ideas					

Handout C. Warm-Up and Cool Down

You can warm up by walking and gradually increasing your pace over a period of about ten minutes. The faster you plan to walk the more time you will need to dedicate to your warm up.

There are many different dynamic flexibility exercises that can be used as part of your warm up. Here are a few to try:

Toe points -- Stand on one leg and lift the other foot off the floor. Gently point your toe and hold for a few seconds. Next flex your foot pointing your toes up. Do these five or ten times on each foot.

Ankle Circles -- While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

Overhead Reach -- Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

The Twist -- Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

Arm Circles -- Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.

As you improve your pace you may wish to include more flexibility exercises into your routine. This becomes more important on your fast/hard workout days. For more flexibility exercises and drills visit racewalk.com.

Source: www.thewalkingsite.com/stretching.html

Here are some recommended stretches. Always stretch after your walk!

Stretch - Take the time to stretch AFTER every workout. In the beginning your total post walk stretching routine should take about 5 minutes. As you increase distance and pace you will probably need to stretch longer.

The stretches we recommend post workout are called static stretches. These are stretches where you gently go into the stretch and hold the position. There are so many stretches it is impossible to cover them all. Be sure to stretch all the major muscle groups and put extra focus on problem areas. Find a few recommended stretches below:

Calf Stretch -- Stand on your toes on a step or curb. Hold on to something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep your body upright and straight. Release and repeat on the other side.

Another calf stretch -- Take a big step forward with your left foot, keeping your right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

Shin Stretch -- Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

Hamstring and Lower Back -- Slowly bend forward from your hips with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

Outer thigh and buttocks and spine -- While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.

Lower back -- While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface...it may bruise the spine!

Quadriceps Stretch -- Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot at high as comfortable. Repeat with other leg. (To protect your knee... think of pulling the quads back rather than pulling the foot toward your buttocks.)

Shoulder Stretch -- Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

Neck Relaxer -- Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards.

Next, gently drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backwards.

Handout D. Sample Walking Plans

Beginner Plan A: ZERO TO SIXTY IN 12 WEEKS

If you are having a hard time getting started or need a structured plan... here is an easy to follow beginner schedule that starts with 15-minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	off	15 min	20 min	15 min	20 min	15 min	20 min
2	off	20 min	20 min	15 min	20 min	15 min	25 min
3	off	25 min	20 min	15 min	25 min	20 min	25 min
4	off	30 min	20 min	20 min	25 min	20 min	30 min
5	off	30 min	30 min	20 min	30 min	20 min	35 min
6	off	30 min	30 min	25 min	30 min	25 min	40 min
7	off	30 min	40 min	30 min	30 min	30 min	40 min
8	off	30 min	40 min	30 min	40 min	30 min	50 min
9	off	40 min	40 min	30 min	40 min	40 min	50 min
10	off	40 min	50 min	30 min	50 min	40 min	50 min
11	off	40 min	50 min	40 min	50 min	40 min	50 min
12	off	40 min	60 min	40 min	60 min	40 min	60 min

The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last weeks schedule.

It's ok to take a day off once a week or choose a day to [cross train](#). A workable schedule for some is Sunday off, and cross training on Wednesday. As a beginner you may want to get the walking habit down before you add cross training to your routine.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program. Do not let this keep you from walking. On the other hand, if you are in pain it may be prudent to take a day of rest. If the pain continues see a physician.

Beginner Plan B: For those who already have a moderate or higher fitness level. Note that this plan goes from 20 min a day, to 60 minutes a day, in just 6 weeks.

<i>WEEK</i>	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
1	off	20 min	20 min	Crosstrain	20 min	20 min	20 min
2	off	30 min	30 min	Crosstrain	30 min	30 min	30 min
3	off	30 min	30 min	Crosstrain	30 min	30 min	30 min
4	off	40 min	40 min	Crosstrain	40 min	40 min	40 min
5	off	50 min	50 min	Crosstrain	50 min	50 min	50 min
6	off	60 min	60 min	Crosstrain	60 min	60 min	60 min

Notice: If you have any health concerns you should get your physician's approval prior to beginning any fitness program.

Source: www.thewalkingsite.com/beginner_schedule.html

Beginner Plan C: Here's a blank schedule to design your own plan!

<i>Week</i>	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Handout E. Working towards a 10,000 Steps-a-Day Walking Routine

Week 1: The goal is to measure your steps in a typical week. Don't try to walk more than normal. Each day, the application you are using or fitness tracker, is reset with the current date, so you don't need to reset it.

If you're wearing a basic pedometer, wear it all day from the moment you wake up until going to bed, except when immersed in water. At night remove it, record the number of steps you've taken in the log, and note if you did any formal exercise (wear your pedometer then, too); for example, "20-minute treadmill walk." Also note if anything caused more (museum tour) or fewer (all-day meeting) steps than usual in your day.

Week 1 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____

Divide by 7: _____

Multiply by 1.2: _____ (This is your goal for a 20% increase for week #2.)

Note: you'd only need to use the log above if you're wearing a basic pedometer. Most apps and trackers will log daily and weekly steps automatically.

Week 2: Your goal is to boost your average daily steps by 20%. Add the total steps taken in week one and divide by seven. Then multiply by 1.2. The result is your new target number for daily steps. So, if you averaged 3,000 steps a day in week one, try for 3,600 a day in week two. How you reach your goal is up to you. Most physical activity counts, including formal workouts (a brisk walk, using most exercise machines) and informal exercise (taking the stairs instead of the elevator or even pacing on the subway platform).

Week 2 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____

Divide by 7: _____
 Multiply by 1.2: _____ (This is your goal for a 20% increase for week #3.)

Week 3: If you haven't reached 10,000 steps, or if your goal is substantial weight loss (for which many experts recommend 12,000 to 15,000 steps a day), then boost your steps again by 20%. Calculate your second week's daily average and multiply by 1.2. If aerobic fitness is a goal, try boosting the *speed* of at least 2,000 to 4,000 of the steps you're already doing.

Week 3 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____
 Divide by 7: _____
 Multiply by 1.2: _____ (This is your goal for a 20% increase for week #4.)

Weeks #4 and Beyond: Some people find that just with three weeks of effort they've gotten their daily step average close to or beyond 10,000. But many find it takes several more weeks of boosting by 20% each week until they can create a 10,000 step-per-day habit. Even if you only try for 10% more each week, you'll soon find that your days are full of opportunities for more steps. You'll also find that in short order you won't need a pedometer to tell you how you're doing. For example, if you get off the train a stop early or take a walk at lunch you know you'll hit your total, but otherwise you come up short. However, consider using your pedometer whenever you need a step-check.

Week 1: The goal of this week is to measure your steps in a typical week. Don't try to walk more than normal. Each morning reset the pedometer to "0." Set it to show steps. Keep it closed and attached to the front of your waist to the left or right of center. Wear it all day from the moment you wake up until going to bed, except when immersed in water. At night remove it, record the number of steps you've taken in the log, and note if you did any formal exercise (wear your pedometer then, too); for example, "20-minute treadmill walk." Also note if anything caused more (museum tour) or fewer (all-day meeting) steps than usual in your day.

Week 1 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							

Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____
 Divide by 7: _____
 Multiply by 1.2: _____ (This is your goal for a 20% increase for week #2.)

Week 2: Your goal is to boost your average daily steps by 20%. Add the total steps taken in week one and divide by seven. Then multiply by 1.2. The result is your new target number for daily steps. So, if you averaged 3,000 steps a day in week one, try for 3,600 a day in week two. How you reach your goal is up to you.

Week 2 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____
 Divide by 7: _____
 Multiply by 1.2: _____ (This is your goal for a 20% increase for week #3.)

Week 3: If you haven't reached 10,000 steps, or if your goal is substantial weight loss (for which many experts recommend 12,000 to 15,000 steps a day), then boost your steps again by 20%. Calculate your second week's daily average and multiply by 1.2.

Week 3 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____
 Divide by 7: _____
 Multiply by 1.2: _____ (This is your goal for a 20% increase for week #4.)

Weeks #4 and Beyond: Some people find that just with three weeks of effort they've gotten their daily step average close to or beyond 10,000. But many find it takes several more weeks of boosting by 20% each week until they can create a 10,000 step-per-day habit. Even if you only try for 10% more each week, you are increasing your activity level!

Week 4 Log

Date:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Steps today:							
Exercise Minutes?							
More or less than usual?							

Add steps for all 7 days: _____

Divide by 7: _____

Multiply by 1.2: _____ (This is your goal for a 20% increase for week #5.)