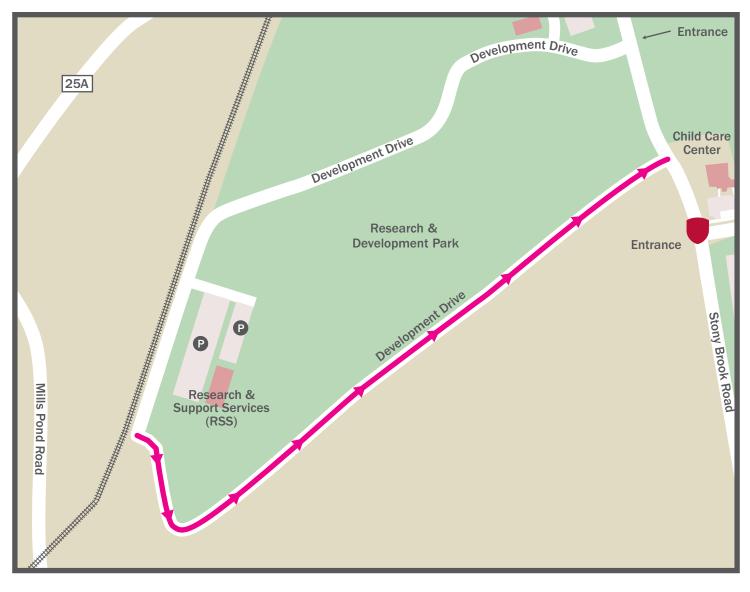


# Research and Development Park Outdoor Walking Map



= Walking Path 1 Lap = 1 Mile





# Walking Tips

# 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.

#### www.stonybrook.edu/healthieru

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

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

## WALKING POSTURE

- $\bullet$  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
- $\bullet$  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
- $\bullet$  Take some water and some food too if you're going on a longer walk
- $\bullet$  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

