



The Benefits of Walking

The following guidelines will help you get the most from your beginning fitness program and help you track your progress.

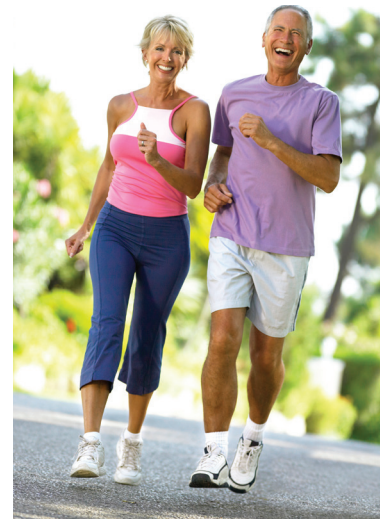
Keep a daily record

Create a chart that includes the following:

- Date
- Distance walked
- Amount of time of continuous walking
- Pulse count right before and right after your walk (*This can help you see how your heart rate is responding to the exercise.*)
 - Take a 10-second pulse count. Multiply by 6 to figure your 1-minute pulse rate.
 - Compare your 1-minute pulse count to your maximum heart rate before and after you exercise. (Your maximum heart rate is: 220 minus your age.)
- Write down any symptoms or comments you want to add.
- Fill in this chart every day.

Walking should be continuous and rhythmic

- Swing your arms and stride along at an even rhythmic pace.
- Do not stroll along and do not stop unless necessary.
- Your foot should hit the ground heel first and roll gradually from heel to toe.
- Your breathing will be faster while you walk, but you should still be able to carry on a conversation.



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If you have any of the following symptoms during or after your walk, stop the exercise and rest, then contact your physician.

- Excessive fatigue
- Any unusual joint, muscle or ligament problem
- Lightheadedness or dizziness
- Irregular pulse
(for example, *skipped beats*)
- Nausea and/or vomiting
- Headache
- Shortness of breath



A few tips for your walking program:

- Keep active during the day. Sit less and move more.
- Try to walk for at least 30 minutes a day most days of the week.
- Wear loose fitting clothing and comfortable shoes.
- Do not walk right after meals. Wait at least 1½ to 2 hours.
- Do not exercise during the heat of the day in the summer. Heat and humidity will increase your heart rate.
- In the winter, walk inside a mall or at midday.
- Drink plenty of fluids.



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