

WALKING



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BENEFITS OF WALKING

- Reduce your risk of heart disease and stroke
- Manage weight, blood pressure and blood cholesterol
- Prevent and control diabetes
- Reduce your risk of developing some cancers



- Maintain your bone density, reducing your risk of osteoporosis and fractures
- Improve balance and coordination, reducing your risk of falls and other injuries
- Improve our daily mood which cumulatively leads to better mental health

Tips to follow

Find your 30 Minutes

All adults aged 18-64 years should aim for 150 minutes of moderate physical activity each week. That's 30 minutes on five days of the week. It's considered 'moderate' if it takes some effort, but you're still able to talk comfortably.

Or start with 10

- If you can't find time for a 30-minute walk, try breaking your 30 minutes of walking into three 10-minute sessions on each of 5 days, is just as beneficial as doing the 30 minutes in one go

General walking tips

Seek appropriate medical advice

- If a person have a medical condition and or significantly increasing your level of activity, you must ask your health professional whether it is safe for you to participate.

Manage medical conditions carefully

- If a person have a medical condition that could be affected by activity (like heart disease, angina, high blood pressure, diabetes or asthma), you must carefully monitor any symptoms (e.g. breathlessness, low blood sugar or pain) that may be made worse. If you are on medication for your condition, ensure you have taken your medication correctly before undertaking activity and/or carry as appropriate (discuss this with your doctor), and walk at your own pace, being careful not to overdo it.



Warm-up and stretch

- A gentle warm-up and some simple stretching is a good way to improve flexibility, prepare muscles for being active and prevent injuries. You might like to consider including a warm-up and stretch at the start of every walk and, when possible, at the end.

Build activity slowly

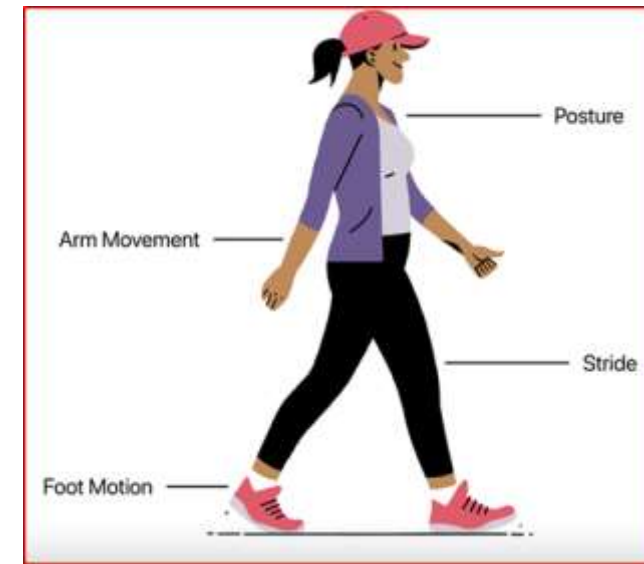
- If you rarely do any physical activity e.g. walk the dog once a week, or play an occasional game of golf, start by walking for 10 or 15 minutes, three or four times a week at a comfortable level. After a few weeks, you should find that you can walk a little further and faster, and may want to gradually increase the frequency to five, six or seven times a week.

Use the correct technique

- Walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.

Listen to your body

- A good way to judge how fast to walk is to rate how you feel on a scale of 0 to 10 (where 0 is resting and 10 is working very, very hard). To get a health benefit without pushing yourself too hard, your walking should be somewhere between three (moderate) and six (somewhat hard). Stop if you need to.



Prepare for the weather

- Wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Remember to wear suitable sun protection, including a hat, sunscreen and sunglasses. Check the [UV index](#) and consider walking in shady areas or undercover to reduce exposure to UV radiation.

Stay hydrated

- Drink water before and after your walk. Take water with you on your walk, especially in warm weather.

Cool down

- Make sure you cool down after a long fast walk. Do a few stretching exercises.

