



Walking is a simple, cost effective, low impact, fun way to get fit and be healthy.

It is a great way to gain the benefits of an active lifestyle including: maintenance of healthy body weight, decreased back pain, increased energy, decreased risk of chronic diseases such as heart disease, diabetes and osteoporosis, better stress management, and improved self esteem. Use this guide to get you started and walk your way to a happier and healthier life today!

ABOUT FRONTRUNNERS

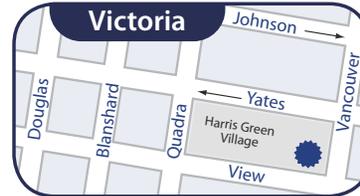
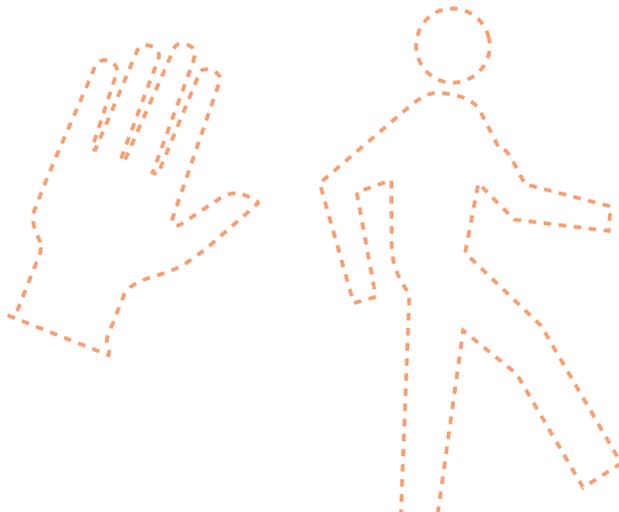
Frontrunners Footwear are locally owned and operated running and lifestyle stores. Frontrunners has been a fixture in the Island community since 1988. The staff at Frontrunners are dedicated to fitting your feet with the right shoe for you and for your activity. **The Frontrunners staff are runners and triathletes, knowledgeable about their sport and the active lifestyle on Vancouver Island.**

WHERE TO START:

- **Start slowly and build up**—listen to your body.
- **Start with 10 minutes**, and build up to 30 to 60 minutes of moderate physical activity most days.
- **Don't forget—Minutes count!** Add it up 10 minutes at a time and achieve the same health benefits.
- **Not sure? Consult with a healthcare professional.** Always consult your doctor before you start an exercise program.
- **Being active is very safe for most people.**

For more information on Canada's Physical Activity Guide to Healthy Living, look online at www.phac-aspc.gc.ca/pau-uap/paguide/ or talk with your doctor.

Walking is a great way to be physically active!



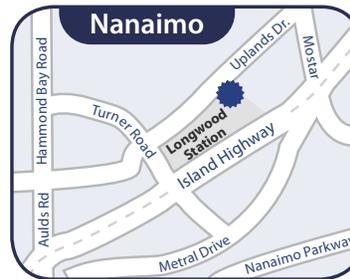
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frontrunners.ca

GUIDE SERIES

Walking



Walk

Tips to help you walk your way to a happier and healthier life!





WHAT DO I NEED TO GET STARTED?

You don't need much to start a walking program, but a good pair of shoes that support and properly fit your feet will take you a long way. Clothing is something else to consider when you go walking. **At Frontrunners our sales consultants are trained to properly prescribe and fit shoes. Come in and let us take care of you!**

Especially in the fall through the spring, we recommend dressing in layers, so that as you warm up you can stay comfortable and enjoy your walk! **Wear clothing that is comfortable and non-restrictive** and consider wearing a jacket that is wind and water resistant to keep you dry! Hats are also great to keep the sun and rain out of your eyes and protect your skin from sun overexposure.

I'M USING A Pedometer, How Many Steps Per Day Should I Take?

General recommendations for adults are 10,000 steps per day. Start by determining how many steps per day you take right now and set small achievable goals to work towards. Remember to take it one step at a time and keep in mind that small sustainable steps toward healthy living are more effective in the long term!

Walking Technique Makes All the Difference.

There are a few things to think about to keep your walking efficient and effective:

- **Stand tall**—think about a string pulling the top of your head upward, keep your tummy muscles tight and walk naturally.
- **Keep your head up and your neck in line with your back.** This will not only help you keep an eye on where you're



headed, but will help improve your posture while you're at it!

- **Use your arms!** Keep a loose fist and pump your arms. Remember to keep your arm swing pointing in the direction you are heading. Try not to let your arm swing cross the midline of your body.

REMEMBER TO STAY HYDRATED.

Make sure you start your walks well hydrated by drinking the recommended 8 glasses of water daily. You can help yourself stay hydrated while you are walking by drinking some water before you head out and again once you return, we recommend an additional **1 cup of water for every 15 minutes of exercise.** You also may consider bringing a water bottle with you on your walk depending on how long you will be walking for. **We recommend taking one if your walk is going to be longer than 20–30 minutes.**

WHERE CAN I WALK?

Park areas and trails are all wonderful places to walk. You may also **start out by walking in your very own neighbourhood.** At first you may try a flatter route, but as your fitness increases, challenge yourself to some hills! Remember to always be safe and have fun!

Make sure that your clothing is visible and that someone always knows where you are when you are out walking. If you choose to walk at night or in the early morning before light you may consider getting some reflective

armbands or a reflective vest. If you are going to walk in more secluded parks and trails take a friend! **See Frontrunners website for a list of walking groups in your area.**

WHAT ABOUT STRETCHING?

In order to maintain your flexibility it is essential to include stretching in your walking program. Here are some important things to remember about stretching:

- Only stretch when your muscles are warm either after your walk or after a shower or bath.
- Hold each stretch to where you feel a gentle pull in the muscle- there should be no pain or discomfort felt when you stretch.
- Hold each stretch for a minimum of 20 seconds.
- Remember to stretch all the large muscles in your legs and your upper body. **See the Frontrunners stretching guide for pictures and descriptions of the stretches we recommend.**

This brochure was written by one of our staff members. To learn more about the Frontrunners difference and product selection, visit us in-store or online at frontrunners.ca