

# Tips that Count

Wellness information for your journey to a healthier you!

## Tips When Walking for Exercise

- **Shoes.** Always do your fitness walking in a pair of comfortable, properly fitted, walking or running shoes that are not worn out.
- **Hand weights?** Hand weights are not recommended because they throw off your natural stride and have little or no effect on your aerobic conditioning.
- **Proper posture.** Keep your head upright, your hips level, your shoulders relaxed, and your arms slightly bent. Try to walk at a comfortable speed, without straining.
- **Proper mechanics.** Walk with a quick, fluid stride, landing on the heel of each foot. When you swing an arm forward, bring that fist up to chest level. On the backswing, your fist should go back no farther than your hip.
- **Speeding up.** To increase walking speed, bend your arms 90 degrees at the elbow and pump them faster. The goal is to quicken your stride, not to lengthen it.
- **Know when to slow down.** If you can't talk while walking, it means your activity is too strenuous; slow down or stop until you can comfortably talk while walking.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.