



Get Out and Get Walking for the summer

by Penny Beliveau

Walking is the simplest form of aerobic exercise. Anyone can walk, at any time of the day, with a faithful K-9 companion, a great pair of walking shoes and some simple reminders:

- Start slowly and at a comfortable pace.
- Walk with good posture i.e. keep your head up your shoulder blades together and pretend to slide them into your back pocket
- Swing your arms at a 90' angle and DO NOT put weights in your hands-it only puts more pressure on your shoulder joints, especially if you have poor posture.
- Stretch at 5 minutes after the start of your walk and also at the end of your walk:

Walk at a slow pace for 5 minutes. Stop and stretch your calves, hamstring and quadriceps groups of muscles. Hold each stretch for 7-10 seconds at the start of your walking program and increase each week by 5 seconds of stretching time before and after each walk. At the end of each walk take 10-15 minutes of post walking stretching to re stretch the legs and stretch the arms and gluts.

10 week walking program

All walks start with a 5 minute warm up walk and stretch

Week 1.	Walk 10-15 minutes
Week 2.	Walk 15-20 minutes
Week 3	Walk 20-25 minutes
Week 4	Walk 25-30 minutes
Week 5	Walk 30-35 minutes
Week 6	Walk 35-40 minutes
Week 7	Walk 40-45 minutes
Week 8	Walk 45-50 minutes
Week 9	Walk 50-55 minutes
Week 10	Walk 55-60 minutes

Remember all exercise and stretching should be comfortable and within your OWN limits.