

Walking workouts for adults & teens:

Stand tall, don't arch your back or lean forward



For more advanced workouts:

- ◆ Walk as quickly as you can for 2 minutes, then cruise comfortably for 3 minutes.
- ◆ Walk up and down hills
- ◆ Use hand weights
- ◆ As you walk, you should be breathing harder, but still be able to talk.
- ◆ Always check with your doctors, if you have any pain or questions about your physical activity

Every step counts!

What is your walking goal?

WALKING WORKS!



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Visit the WIC website:
<http://cchealth.org/services/wic/>

Step Into A Healthy Lifestyle!

FUN FACTS!

- ◆ Take 10 minutes at a time! Break up your walking sessions into 10-15 minute time periods throughout the day
- ◆ Every minute of walking can extend your life by 1 to 2 minutes
- ◆ Walking an extra 30 minutes per day will burn 10lbs of body fat in 1 year (3500 calories = 1lb fat)

How and where to walk:

- ◆ Walk during lunch and break times
- ◆ Wear comfortable shoes with flexible soles
- ◆ Walk around your neighborhood or some where safe
- ◆ Walk with your children around the park, school, mall or walking trail (Check out <http://ebparks.org/parks> for local trails in the East Bay)
- ◆ Invite friends or family to walk with you
- ◆ Park further away from work, school or store
- ◆ Wear a hat, sunscreen and sunglasses

Walking websites:

www.startwalkingnow.org, www.mapwalk.com



RESULTS YOU CAN SEE

Walking burns calories and strengthens your heart, lungs and muscles!

GO FOR IT!

Calories burned in 30 minutes at different body weights

| Walking | 110 lbs. | 125 lbs. | 150 lbs. | 175 lbs. | 200 lbs. |
|-----------------|----------|----------|----------|----------|----------|
| Slow Pace | 50 | 57 | 68 | 80 | 91 |
| Moderate Pace | 88 | 100 | 120 | 139 | 159 |
| Brisk pace | 100 | 114 | 137 | 159 | 182 |
| Very brisk Pace | 113 | 128 | 154 | 179 | 205 |
| Fast Pace | 150 | 171 | 205 | 239 | 273 |

IT'S FREE! IT'S FUN! IT'S EASY! YOU CAN DO IT!

Why Walk?

1. Helps you maintain a healthy weight and heart
2. Improves your mood and reduces stress
3. Gets you and your family outside to explore nature and have fun
4. Exposes you to sunlight and vitamin D
5. Helps you to be strong and fit

