

# Take a Step Towards Better Health

a guide to the health benefits of walking

a helpful resource brought to you by



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# 01

## walking benefits

Studies show 150 minutes a week of moderate aerobic exercise, such as a brisk walk, may:

### REDUCE YOUR RISK OF:

- › High Blood Pressure
- › Heart Disease
- › Osteoporosis
- › Type 2 Diabetes
- › Stroke
- › Breast and Colon Cancer

### PREVENT WEIGHT GAIN

### STRENGTHEN YOUR BONES AND MUSCLES

### INCREASE YOUR ENERGY LEVEL

### ENHANCE YOUR MENTAL WELL BEING

### What is a moderate pace?

Try the “talk test”. Your heart rate should be up enough where you’re unable to sing, but still able to have a conversation.

### Is time getting in the way of your exercise routine?

Break it up! Try 10 minute increments. A minimum of 10 minutes of moderate intensity aerobic activity has been enough to show health benefits.



### Choose Proper Footwear

- › Choose a shoe that’s lightweight and breathable
- › The shoe should be flexible enough to bend in your hands and the cushion should be thickest in the heel
- › Get your foot type evaluated to choose the right fit and get fitted at the end of the day when your foot size is at its largest
- › Make sure you have plenty of room for your toes to wiggle, but not too much room where your heel may slip
- › Look for socks made with synthetic fibers such as acrylic or polyester. Cotton socks may cause blisters
- › Replace your shoes regularly. Aim to replace every three to six months of regular use

### Improve Your Posture

- › Stand tall and keep your eyes on the horizon
- › Relax your shoulders, bend your arms, and let your arms swing freely
- › Lift your chest and tighten your abs
- › Aim your knees and toes forward and land on your heels

# 02

## increase your steps

**Aiming to increase your steps to 10,000 steps every day (or 5 miles) can be a great way to increase your aerobic activity.**

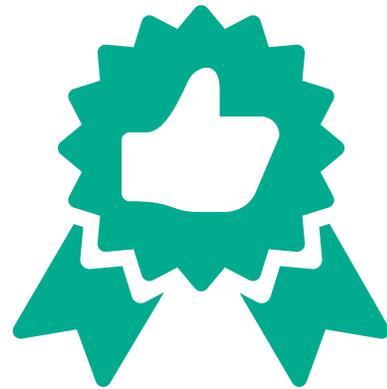
### Try These Activities

- › Walking the dog
- › Taking the stairs instead of the elevator
- › Window shopping at the mall
- › Walk instead of drive for errands that are close by
- › Staying active with your family
- › Going to the farthest restroom or printer at the workplace
- › Walking while talking on the phone
- › Walking on your lunch or work breaks
- › Doing laps around the field while your kids are at sports practice

### Stay Safe

***Always get physician approval before starting a new exercise routine and:***

- › Walk with others
- › Take your phone and ID with you
- › Wear reflective and brightly colored clothing
- › Let your family know your walking route and routine
- › Be aware of your surroundings
- › Wear proper footwear
- › Stay hydrated
- › Wear loose fitting, comfortable clothing that's appropriate for weather conditions
- › Apply sunscreen and wear sunglasses as needed



### Stay Motivated

- › Set small and attainable goals
- › Listen to music
- › Find support: team up with a family member, co-worker, friend, or walking group
- › Keep an exercise log to track accomplishments
- › Invest in a step counter
- › Schedule your exercise time
- › Mix up your routine to avoid boredom
- › Create rewards
- › Try an exercise class
- › Participate in a 5K
- › Don't forget why you started!
- › APPS (Apple and Android): map my walk, runtastic

# 03

## so many place to walk!

**Walking is FREE and can be done almost anywhere!**

Don't have a gym membership? Is the weather too bad to go outside? **WALK THE MALL!** The mall is a great opportunity to be able to walk and avoid the harsh weather conditions. It's also free and most malls open early to the public. Try these walking routes. Simply walk around the outskirts of the mall.

*\*All distances are approximately 1 mile or 2,000 steps.*

- › **Eastern Hills Mall: START: Food court entrance  
END: Food court entrance**
- › **Boulevard Mall: START: Restrooms near Dick's Sporting Goods  
END: The second time you reach JCPenny**
- › **Walden Galleria Mall: START: Restrooms next to Forever 21  
END: Restrooms near forever 21**
- › **McKinley Mall: START: JCPenny  
END: JCPenny**
- › **Walking Trails: <http://www.traillink.com/city/buffalo-ny-trails.aspx> & <http://www.mapmywalk.com/us/buffalo-ny/>**



# 04

## a 5K routine

Need a plan to help you work up to that 5K? Try this simple routine!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength or Cross Training	10 minute walk	Strength or Cross Training	10 minute walk with hills	Rest	1.mile walk	Rest
2	Strength or Cross Training	10 minute walk	Strength or Cross Training	10 minute walk with hills	Rest	1.25 mile walk	Rest
3	Strength or Cross Training	15 minute walk	Strength or Cross Training	15 minute walk with hills	Rest	1.5 mile walk	Rest
4	Strength or Cross Training	15 minute walk	Strength or Cross Training	15 minute walk with hills	Rest	1.75 mile walk	Rest
5	Strength or Cross Training	20 minute walk	Strength or Cross Training	20 minute walk with hills	Rest	2.0 mile walk	Rest
6	Strength or Cross Training	20 minute walk	Strength or Cross Training	20 minute walk with hills	Rest	2.25 mile walk	Rest
7	Strength or Cross Training	25 minute walk	Strength or Cross Training	25 minute walk with hills	Rest	2.5 mile walk	Rest
8	Strength or Cross Training	25 minute walk	Strength or Cross Training	25 minute walk with hills	Rest	2.75 mile walk	Rest
9	Strength or Cross Training	30 minute walk	Strength or Cross Training	30 minute walk with hills	Rest	3.0 mile walk	Rest
10	Strength or Cross Training	30 minute walk	Strength or Cross Training	Rest	Rest	5 km walk	Rest

### STEP IT UP!

*Adopted from the American Diabetes Foundation*

Have you reached your step goals and are looking for a more challenging program? Try some of these tips:

- › **Add an incline:** Try hills outdoors or increase the incline on the treadmill
- › **Change your tempo:** Try intervals! Alternate two minutes of your normal pace and two minutes at a faster pace
- › **Change your stride:** Try adding lunges or large walking steps
- › **Walk in water:** Walking in shallow water adds resistance and can make your walk more challenging
- › **Weigh yourself down:** Try a weighted vest. For safety, use a vest that's no more than 5-10% of your body weight

**Resources and references:** American Council on Exercise [www.acefitness.org](http://www.acefitness.org), American Heart Association [www.heart.org](http://www.heart.org), American Diabetes Association [www.diabetes.org](http://www.diabetes.org), President's Council on Fitness, Sports & Nutrition [www.fitness.gov](http://www.fitness.gov)

05

# weekly physical activity chart

My Weekly Goal: \_\_\_\_\_

Day	Activity Completed	Intensity	Minutes Completed
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

this information was brought to you on  
behalf of your doctor and



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