****8038 Walking Towards a Better Lifestyle**

**Why Should *I* Walk?**

* More than half the body’s muscles are designed for walking; it is virtual injury free and works more muscles, thus burning more calories!
* Walking helps you to maintain a healthy weight and positive body image while refreshing the mind and relieving stress
* Regular, brisk walking can reduce elevated blood fats and blood pressure. It trains your heart, lungs, and muscles to work more efficiently making each subsequent workout more effective

**Practical Tips**

* Walk a little everyday
  + Aim to make brisk, short walks a daily event (at least 15 minutes) with longer walks (45 to 60 minutes) every other day
* Explore a Variety of Routes
  + Find a route, log your progress and calculate distances and calories using <http://classic.mapmywalk.com/>
* Walk with Others
  + Walking with a friend or family member is much more motivating than walking alone and provides an enjoyable time for sharing and socializing
  + Try walking clubs such as The Running Room <http://www.runningroom.com/hm/inside.php?id=3012> or the London Dog Walking Group <http://www.meetup.com/LondonDogLovers/>

**Count Your Steps**

3 Steps to Step Counting:

1. Choose your pedometer and test it out

Set the counter to zero and walk 20 steps. Check to see that it accurately records the number of steps.

1. Set your Daily Step Goal

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| Highly active (children, youth, fit adults) | 10,000 – 16,000 |
| Active (adults) | 10,000 |
| Somewhat active (older adults) | 7,000 – 9,999 |
| Low active (adults with chronic health condition) | 4,000 – 7,000 |

1. Keep a Weekly Walking Log

See the sample Weekly Step Log

*Resource: Active2010.ca*