

GET THE MOST OUT OF YOUR WALK



01

Invest in a good walking shoe.



A good fit can be defined as snug everywhere, tight nowhere and with enough room to wiggle your toes.

02

Always stretch, warm up, and cool down.



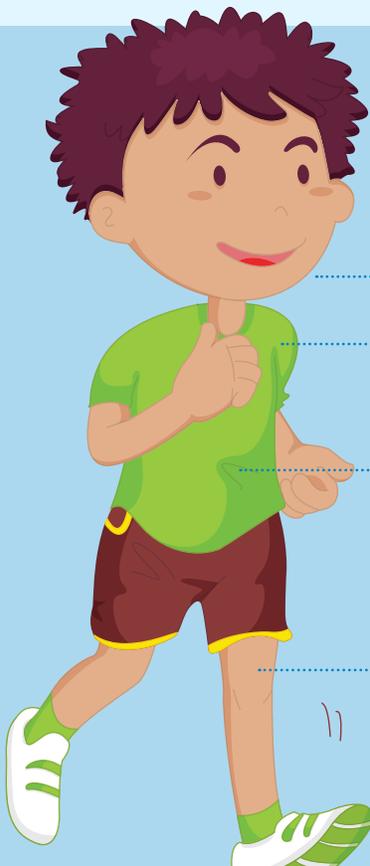
03

Use a pedometer to track your workout.



04

Be aware of your walking posture.



• HEAD UP

• SHOULDERS BACK

• ABDOMEN FLAT

• LONG STRIDES

REGULAR BRISK WALKING CAN HELP YOU:

- ✓ Maintain a healthy weight
- ✓ Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- ✓ Strengthen your bones
- ✓ Lift your mood
- ✓ Improve your balance and coordination

Source: www.mayoclinic.org