



Walking Tips

Walking is a great way to become more physically active. You can walk to your own pace; walk with a friend; enjoy the outdoors and best of all it doesn't cost anything!

These walking tips are for everyone – beginner's right through to experienced Feetbeater's so read on to get the most out of your walking this spring.

- When you start walking, aim to walk 30 minutes each day (1 block on the team record sheet!).
- Don't push yourself straightaway. You should be walking at a moderate pace – meaning that you are breathing harder than normal but still able to hold a conversation without too much difficulty.
- Start off slow then build up the pace. This will let your muscles warm up as you get into your walk and will slowly increase your heart rate.
- Think tall as you walk, with your shoulders relaxed, use smooth movements, roll from heel to toe and let your arms swing naturally.
- When you are ready to pick up the pace, lengthen your stride.
- Breathe naturally and deeply.
- Stay hydrated. Take a drink bottle of water on your walk to keep you hydrated during your walk.
- For a cool down, slow your pace gradually to a stroll, and then finish with stretching of leg muscles.
- HAVE FUN! Send us your photos and walking stories and you might win a prize!



Next Step: Building up to a 30 minute walk

- Aim to walk for 30 minutes, five days a week. You can break this up during the day, at times that work best for your schedule.
- Start with a gentle pace to gradually increase your heart rate. This ensures that the body is prepared gradually for the demands being made on it.
- When doing moderate to vigorous activities you need to prepare your body for action. It is important to stretch the main leg muscles used in walking for 6-10 seconds. Below is a sample programme it can be started at what ever level you may feel you're at now.

The Sample Programme

Week	1	2	3	4	5	6	7	8
Warm up: Walk slowly	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Activity: Walk briskly	5 min	7 min	9 min	11 min	13 min	15 min	18 min	20 min
Cool down: Walk slowly	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Total time	15 min	17 min	19 min	21 min	23 min	25 min	28 min	30 min

More walking programmes can be found from the following links:

1. **Push Play walking programme:**

<http://www.sparc.co.nz/getting-active/push-play/activity-programmes/walking>

2. **Green Prescription progressive walking guide:**

<http://www.sparc.co.nz/filedownload?id=2679bc6e-ff29-4bb7-969b-2e617a3464c>

Or you can tailor make your own programme at: www.activesmart.co.nz



Stretching, warming up and cooling down

Although walking can be a moderate activity, it is still important to warm up your muscles beforehand to prevent injuries. Rushing into your walk and starting off at a fast pace may cause muscle strains, sprains and stretched muscles. The programme above put aside the first five minutes and last five minutes for a warm up and a cool down, to get muscles warmed up leading into your walk and stretching out muscles as you slow down after your walk. Remember that you also use your back, shoulders and arm muscles when you walk, not just the muscles in your legs so you need to do stretches for all parts of your body.

See the links below for stretching guides.

1. SPARC stretches for running and walking:

<http://www.sparc.co.nz/filedownload?id=35764328-e4d0-4c57-adf2-35d385fd28a6>

2. ACC warm up, cool down and stretch:

<http://www.acc.co.nz/preventing-injuries/playing-sport/sportsmart-10-point-plan/warm-up-cool-down-and-stretch/index.htm>

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