

SCHAFFER DESIGN / 03

SPORTLINE'S GUIDE TO WALKING  
INCLUDES  
10,000 STEP  
PROGRAM  
GUIDE

# The Benefits Of Walking

**SPORTLINE**  
THE PROFESSIONAL'S CHOICE

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**SPORTLINE**

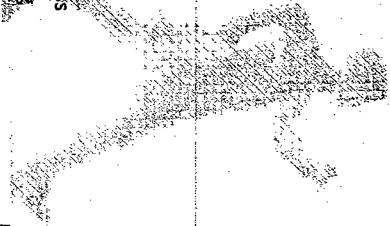
## **WALKING.** **An Activity You Do Every Day.** **The Number One Activity Everywhere!**

Running ... no ... cycling ... no ... skating ... no. None of these activities can make the claim that walking can. Walking is the #1 participation sport worldwide. Why? Well here are a few good reasons.

**Easy To Do** There is no great trick to walking. It does not require any special skills or advanced conditioning. Walking doesn't require any special equipment or clothing. All you need is a good pair of walking shoes, comfortable clothing, a pedometer, and you're all set.

**Healthy** When Hippocrates said that "walking is man's best medicine", he didn't realize that thousands of years later, new benefits of walking would be discovered daily. Some health benefits of walking include:

- Burns almost as many calories as jogging
- Eases back pains
- Slims your waist
- Lowers blood pressure
- Reduces levels of bad cholesterol
- Reduces heart attack risk
- Enhances stamina & energy
- Lessens anxiety & tension
- Improves muscle tone
- Easy on your joints
- Reduces appetite
- Increases aerobic capacity
- Can be done in short bouts
- Slows down osteoporosis bone loss
- Can be done when you're travelling



SPRINT

**Safe** Walking is probably the safest exercise you can do. It doesn't require prior training or conditioning and doesn't involve a great deal of physical exertion in the beginning. Studies have even shown that due to the design of our body, walking is more natural than sitting, standing or running, and walking is not as stressful to the body as other exercises.

For example, running is much more stressful on the heart and joints and leads to many more injuries. The shock impact of a runner's step is 3-4 times a person's weight, while walking is only 1 1/2. Some sports like basketball and tennis can have a shock force of 7 times a person's weight.

While walking is easier on your body, it can be just as beneficial as running in helping you lose weight. If you run for 30 minutes at 5 miles per hour you will burn about 285 calories. If you walk for 30 minutes at 4 miles per hour you will burn 165 calories on a level surface, 225 on a slight incline of 5%, and 360 calories on a 10% incline.

### **WALKING: No Advanced Degree Required**

There is no need to buy expensive videos, computer programs or manuals in order to learn how to walk. All you have to do is walk naturally. Find a method that is comfortable to you and that's all there is to it. Here are a few helpful hints on walking:

- **Posture is Key** - In order to get the most out of walking, good posture is crucial. Keep your head up and your spine straight and look straight ahead. Keep your arms and shoulders loose (do look down occasionally to avoid possible road obstacles).
- **Take deep, regular breaths** - Never hold your breath.
- **Walk, don't Run** - to get the most out of your walk you

should keep a brisk pace, but not fast. You should be able to individually determine a correct pace shortly after starting your walking routine. If you find it is difficult to breathe easily, slow down. You're obviously walking too fast.

• **Is your Body Trying to tell you Something?** - The expression "if it feels good, do it" applies to walking and the opposite is also true. If you have a lot of pain or discomfort, check with your doctor.

• **Stride** - Try to take long, smooth strides. Your motion should be fairly effortless, with your arms swinging at your sides for balance.

### **WALKING EQUIPMENT**

**Shoes Make The Walker** Shoes are the single most important piece of equipment for the walker. They can be the difference between having a fun, relaxing walk and an uncomfortable, painful one.

It is important to get a good pair of walking shoes with the following characteristics:

- Provide both support and comfort to all parts of the foot.
- Have enough toe room so that you can wiggle your toes.
- Have firm support at the heel.
- Have a flexible cushioned sole in order to aid in the walking gait and to absorb shock.
- Be made of breathable material, preferably leather, or fabric to allow perspiration to dissipate.
- Be lightweight

While there are many shoes at various price ranges designed specifically for walking, a running shoe or tennis shoe will also serve the purpose so long as it is comfortable and has the above characteristics.

## CLOTHING

Under normal weather conditions, there is great flexibility in the type of clothes you can wear while walking. It is advisable to wear loose fitting clothing. This may include shorts made of natural material and a tee shirt or a warm-up suit. Rubberized clothing should be avoided. Under special weather conditions, the type of clothing you wear is extremely important. The following are some clothing guidelines under certain conditions:

### **Cold Weather**

*Dress warmly* - This means wearing layers of clothing which trap the heat and allow you to remove layers if it gets warmer. One guideline is to wear one less layer than you would if you were outside in that weather when you weren't walking.

*Listen to your Mother*- As she told you, wear a hat. A significant part (approximately 30%) of your body heat is lost through your head.

### **Brr..**

In really cold weather, cover all extremities to avoid frostbite. Mittens, thermal underwear and an extra pair of socks are definitely recommended. (If you have problems with your heart, ask your doctor if it's OK to walk in very cold weather).

### **Warm Weather**

*Less is more* - Wear light clothing.  
*Listen to your Mother Again* - Wear a hat to block the sun's rays.

### **Precipitation**

In rain or snow, a water and windproof jacket makes a great addition to your walking wardrobe.

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## WALKING GEAR

While there is no need to spend a lot of money on walking gear, there are a number of items that will make your walk easier, safer and more fun.

**Pedometers** - A pedometer is the perfect way to enhance your walking. First of all, it's fun to know how many steps you've taken, how far you've walked, or how long you've been walking. Secondly, a pedometer allows you to keep track of your progress against the goals you have set for yourself. A pedometer will also show you the steps taken or distance traveled over one or several walks.

**Reflective Products and Lights** - If you are walking in the morning, early evening or night, reflective products are a must. Your gear can include a reflective vest and reflective bands. A flashlight or strobe light also will help you to be seen at night.

## ON YOUR MARK, GET SET... STRETCH

Whether this is your first time exercise walking or you are a walking pro, it is crucial that you stretch before and after your exercise. Stretching will help loosen your muscles prior to or after your walk, reducing the chance of sore or injured muscles. Suggested stretches include calf and Achilles stretch, hamstring stretch and quadriceps stretch.

### **Warm-Up**

Stretching is not the only way to warm-up before your walk. You should have a 5 minute walking warm-up. Start by walking at a medium pace and then slowly increase the pace so that by the end of 5 minutes, you can easily begin your normal walking routine. The 5 minutes should not be included in your total walking time. This warm-up period will help loosen your muscles, thus lessening the possibility of pulling or tearing them.

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### Cool Down

After you walk, slow down gradually. Spend 5 minutes walking slowly. Abruptly stopping your exercise can result in dizziness. Again, these 5 minutes should not be included in your exercise time.

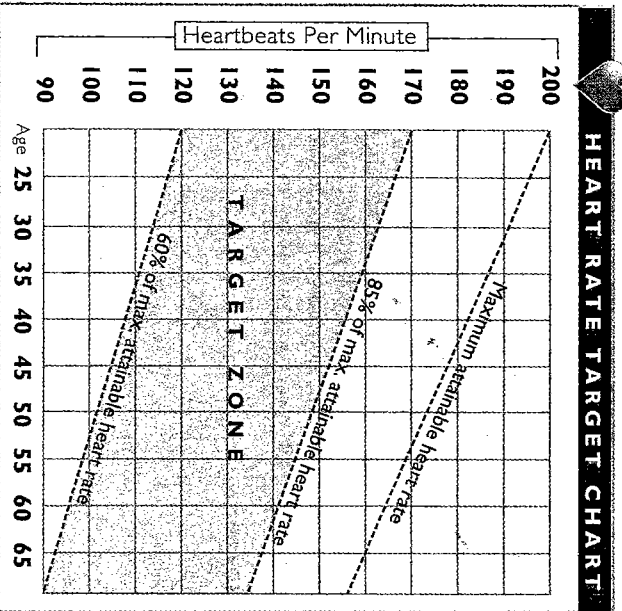
### Keep Your Heart Rate On Target

One way of determining how hard you should exercise is by measuring your heart rate. To get a true aerobic benefit out of walking, without the risk of over or under training, it is necessary to keep your heart rate within its "target zone" for a minimum of 15-30 minutes. This "target zone" is between 60-85% of your maximum heart rate (the fastest your heart can beat). Below 60%, your walk will have little aerobic benefit, and above 85%, it would be too strenuous. If this is your first walking program, it is advisable that you keep your heart rate within 60-75% of the maximum, aiming for 60%. Only someone in excellent physical shape should aim for 85%.

The chart on the following page will help you determine your target heart rate:

### How To Measure Your Pulse

There are a number of methods to determine your pulse. Place two fingers (don't use your thumb since it has its own pulse) on either your wrist or throat or temple. Count the pulse beats for 10 seconds and multiply by 6 to get your pulse rate per minute. Using a pulse meter is another good method to do this. You should periodically check your pulse during your walk, to make sure you are still in the "target zone."



**NOTE:** The above numbers are just general guidelines. Consult your doctor to see if they are right for you.



## CHOOSING AN EXERCISE PROGRAM

Below you will find some sample exercise programs. See a doctor before beginning any exercise program. Have a physical examination and have the doctor recommend one of the below exercise programs or another version for you. If your doctor does not make a recommendation, make a self-assessment of your physical condition and choose a program yourself. Once you have begun the program, reassess your choice. If you feel like you are overexerting yourself, slow down. If you aren't feeling the effect from your walk, try a faster pace.

### 10,000 Step-A-Day Program

This is a great and easy program to get you started on your lifetime walking "habit". The 10K-A-DAY program is to walk 10,000 steps a day (which exceeds the Surgeon General's physical fitness recommendations of 30 minutes of exercise three times a week). When you accomplish this, you will be burning more calories and you'll be walking your way to a healthier life.

Your pedometer will count every step you take during the day. It will add new motivation to your exercise and program will keep you focused on your goal: 10,000 steps/day.

You may find, however, that your step counts vary day to day due to your activities. A suggestion is that you monitor your weekly, not daily, totals. Going for 70,000 steps per week, rather than 10,000 steps per day can help ward off those feelings of failure.

If you are trying to lose weight, you might even try to walk 12,000 steps per day, while maintaining a reasonable diet, and drinking lots of water.

To get started on your 10K-A-DAY program, put on your step pedometer in the morning and start walking. Keep track of your daily steps on a note pad, a calendar, or in a walking journal. After three days calculate the average number of the steps you've taken for the three days. This is your **START POINT**.

Refer to the chart below to see how you will "walk your way" to 10K-A-DAY and beyond.

Start Point	Your Goal	How to Reach Goal	Time Needed
Less than 2500 steps	5,000 steps/day	Increase 250 steps/day	10-20 days
2501-5000 steps	7,500 steps/day	Increase 300 steps/day	8-16 days
5001-7500 steps	10,000 steps/day	Increase 400 steps/day	6-12 days
7501-10,000 steps	12,500 steps/day	Increase 500 steps/day	5-10 days
10,001-12,500 steps	15,000 steps/day	Increase 500 steps/day	5-10 days
12,501-15,000 steps	17,500 steps/day	Increase 750 steps/day	3-6 days
15,001-17,500 steps	20,000 steps/day	Increase 750 steps/day	3-6 days

### But, How Far Have I Walked?

You may wonder how far you have walked, having taken so many steps. One way you can determine the distance you have traveled is to own a "distance," pedometer. (There are pedometers that can tell you steps, distance, calories burned, time spent exercising, heart rate etc.).

The chart on the next page will convert the steps you've taken into miles. All you need to know is the length of your stride. (Your stride is the length of the step you take, measured from toe to toe, or heel to heel).

1000to5000StepsChart

Stride Length	1000 Steps	1500 Steps	2000 Steps	2500 Steps	3000 Steps	3500 Steps	4000 Steps	4500 Steps	5000 Steps	5500 Steps	6000 Steps	6500 Steps	7000 Steps	7500 Steps	8000 Steps	8500 Steps	9000 Steps	10000 Steps
1.00	.19	.28	.38	.47	.57	.66	.76	.85	.95	1.04	1.14	1.23	1.33	1.42	1.52	1.61	1.70	1.89
1.25	.24	.36	.47	.59	.71	.83	.95	1.07	1.18	1.30	1.42	1.54	1.66	1.78	1.89	2.01	2.13	2.37
1.50	.28	.43	.57	.71	.85	.99	1.14	1.28	1.42	1.56	1.70	1.85	1.99	2.13	2.27	2.41	2.56	2.84
1.75	.33	.50	.66	.83	.99	1.16	1.33	1.49	1.66	1.82	1.99	2.15	2.32	2.49	2.65	2.82	2.98	3.31
2.00	.38	.57	.76	.95	1.14	1.33	1.52	1.70	1.89	2.08	2.27	2.46	2.65	2.84	3.03	3.22	3.41	3.79
2.25	.43	.64	.85	1.07	1.28	1.49	1.70	1.92	2.13	2.34	2.56	2.77	2.98	3.20	3.41	3.62	3.84	4.26
2.50	.47	.71	.95	1.18	1.42	1.66	1.89	2.13	2.37	2.60	2.84	3.08	3.31	3.55	3.79	4.02	4.26	4.73
2.75	.52	.78	1.04	1.30	1.56	1.82	2.08	2.34	2.60	2.86	3.13	3.39	3.65	3.91	4.17	4.43	4.69	5.21
3.00	.57	.85	1.14	1.42	1.70	1.99	2.27	2.56	2.84	3.13	3.41	3.69	3.98	4.26	4.55	4.83	5.11	5.68
3.25	.62	.92	1.23	1.54	1.85	2.15	2.46	2.77	3.08	3.39	3.69	4.00	4.31	4.62	4.92	5.23	5.54	6.16
3.50	.66	.99	1.33	1.66	1.99	2.32	2.65	2.98	3.31	3.65	3.98	4.31	4.64	4.97	5.30	5.63	5.97	6.63
3.75	.71	1.07	1.42	1.78	2.13	2.49	2.84	3.20	3.55	3.91	4.26	4.62	4.97	5.33	5.68	6.04	6.39	7.10
4.00	.76	1.14	1.52	1.89	2.27	2.65	3.03	3.41	3.79	4.17	4.55	4.92	5.30	5.68	6.06	6.44	6.82	7.58
4.25	.80	1.21	1.61	2.01	2.41	2.82	3.22	3.62	4.02	4.43	4.83	5.23	5.63	6.04	6.44	6.84	7.24	8.05
4.50	.85	1.28	1.70	2.13	2.56	2.98	3.41	3.84	4.26	4.69	5.11	5.54	5.97	6.39	6.82	7.24	7.67	8.52
4.75	.90	1.35	1.80	2.25	2.70	3.15	3.60	4.05	4.50	4.95	5.40	5.85	6.30	6.75	7.20	7.65	8.10	9.00
5.00	.95	1.42	1.89	2.37	2.84	3.31	3.79	4.26	4.73	5.21	5.68	6.16	6.63	7.10	7.58	8.05	8.52	9.47
5.25	.99	1.49	1.99	2.49	2.98	3.48	3.98	4.47	4.97	5.47	5.97	6.46	6.96	7.46	7.95	8.45	8.95	9.94
5.50	1.04	1.56	2.08	2.60	3.13	3.65	4.17	4.69	5.21	5.73	6.25	6.77	7.29	7.81	8.33	8.85	9.38	10.42
5.75	1.09	1.63	2.18	2.72	3.27	3.81	4.36	4.90	5.45	5.99	6.53	7.08	7.62	8.17	8.71	9.26	9.80	10.89
6.00	1.14	1.70	2.27	2.84	3.41	3.98	4.55	5.11	5.68	6.25	6.82	7.39	7.95	8.52	9.09	9.66	10.23	11.36

5500to10000StepsChart

The chart above is designed to convert the steps you've taken into miles. All you need to know is the length of your stride. (Your stride is the length of the step you take, measured from toe to toe, or heel to heel).

### Beginner Program

If you are fairly inactive, overweight or recovering from an illness, your doctor may recommend you start with the following beginner program.

Week	Walks Per Week	Distance (in miles)	Warm-up Time	Minutes Walking	Cool Down Time
1	3	.75	5 min	15	5 min
2	3	1.0	5 min	20	5 min
3	3	1.0	5 min	20	5 min
4	3-4	1.25	5 min	25	5 min
5	3-4	1.25	5 min	25	5 min
6	2-4	1.50	5 min	25	5 min
7	3-4	1.50	5 min	25	5 min
8	4	1.75	5 min	30	5 min
9	4	1.75	5 min	30	5 min
10	4	2.00	5 min	32	5 min

If this above program proves to be too difficult, or your target heart rate is exceeded, it is advisable that you reduce the distance and time slightly until you are more comfortable and you stay within the target zone. NOTE: If this program does not allow you to achieve your target heart rate, you may want to move on to the intermediate program.

### Intermediate Program

If your doctor informs you that you are physically fit and you already take part in a regular exercise routine, the following intermediate program may be recommended for you.

Week	Walks Per Week	Distance (in miles)	Warm-up Time	Minutes Walking	Cool Down Time
1	4	1.25	5 min	25	5 min
2	3-4	1.25	5 min	25	5 min
3	4	1.50	5 min	30	5 min
4	4-5	1.75	5 min	32	5 min
5	4-5	2.0	5 min	36	5 min
6	4-5	2.25	5 min	38	5 min
7	4-5	2.50	5 min	42	5 min
8	5	2.75	5 min	44	5 min
9	5	3.0	5 min	48	5 min
10	5	3.25	5 min	50	5 min

Again, listen to your body. If you feel any discomfort while following this program, slow down. Periodically check your heart rate to make sure you stay in the target zone.

### Advanced Program

If you are in excellent physical shape, and have a regular walking routine, the advanced program may be recommended for you.

Week	Walks Per Week	Distance (in miles)	Warm-up Time	Minutes Walking	Cool Down Time
1	4	2.0	5 min	35	5 min
2	4	2.0	5 min	35	5 min
3	4	2.25	5 min	39	5 min
4	4-5	2.50	5 min	43	5 min
5	4-5	2.75	5 min	47	5 min
6	4-5	3.0	5 min	51	5 min
7	4-5	3.25	5 min	51	5 min
8	5	3.50	5 min	53	5 min
9	5	3.75	5 min	56	5 min
10	5	4.0	5 min	60	5 min

NOTE: If you are unsure of which program to start with, it is better to begin slow and not overdo it.

## DO'S AND DON'T'S

**Do...** See a doctor- Talk to your doctor before beginning an exercise program and get a full physical. Let the doctor choose an exercise program that is right for you.

**Do...** Drink water - Extremely important on hot and humid days, drink before, during and after your walk.

**Do...** Eat well - Avoid junk food and all products with high fat and cholesterol. Eat three moderately sized meals a day.

**Do...** Choose a smooth level surface - This will result in less fatigue and fewer injuries.

**Don't...** Continue walking if you have chest pains, are overly tired, dizzy, feel pain or experience shortness of breath or can't hold a conversation with someone. Stop walking and immediately see a doctor.

**Don't...** Walk right after or before meals: Walking 2 hours after a meal and waiting 20 minutes after your walk to eat should be sufficient.

**Don't...** Walk outdoors if it is extremely cold, hot or humid.

**Don't...** Try an inside track or mall instead.  
**Don't...** Walk on ice or walk during a lightning storm. Head for cover. (But not under a tree)

## IT'S NOW UP TO YOU!

Now that you've found out all about walking, it's up to you to make walking a part of your life. Once you have selected one of the above exercise programs or have designed your own, it is a good idea to do the following: set goals, make a time commitment, keep track of your progress.

### Set Goals

Goal setting is one of the most important aspects of any exercise program. While one of the above exercise programs is a start, it is still necessary to set your own personal short term, intermediate and long-term goals. These goals may be based on weight, distance, time, heart rate or any other measurable unit. Try to avoid having vague goals such as "I want to feel better". Once you have set a goal, make a plan to reach these goals. Part of this plan should include the above exercise programs, but may include non-exercise actions such as going on a diet.

### Make A Time Commitment

Find time for walking. It may not be necessary to walk the same time every day, but make sure you schedule your walks. Every time you miss a session, it will be that much harder to reach your goals.

### Keep Track

Measure your walk, record these measurements and write down your progress in meeting your goals. The pedometer you just purchased is perfect for helping you keep track of your walking accomplishments.

Keeping a journal is a perfect way to keep track of your walking program.

**Sportline encourages everyone to get out and walk...**

**Enjoy, and make it a great day!**