



# Walk your way to better health

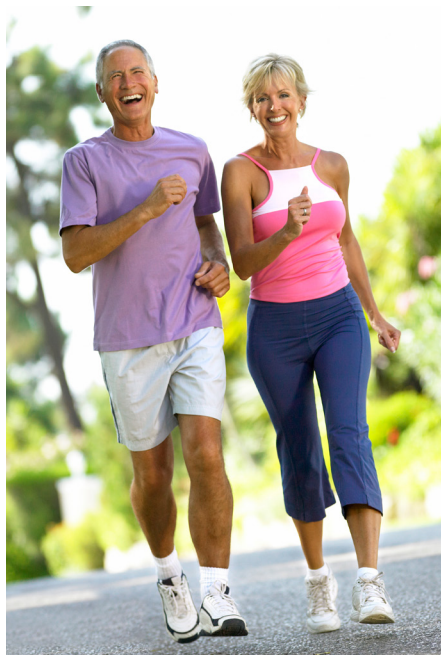
**It's one of the easiest fitness  
activities to start!**

Walking is an excellent activity for improving your health, increasing your fitness and endurance, and even managing stress.



**HealthAdvocate<sup>SM</sup>**





## Get Started Now!

### Follow these easy steps to begin walking

1. Choose appropriate shoes. A good walking shoe is lightweight with a flexible sole and rounded heel to accommodate the rolling motion of walking from heel to toe.
2. Plan your route. Walk a neighborhood loop, local bike path, or walk to your favorite park or town center.
3. Schedule your walking. Record it in your calendar just as you would an appointment to help with follow-through.
4. Lace up your shoes and GO!

To improve health and reduce the risk of chronic disease, healthy adults should take part in moderate physical activity, such as walking for at least 150 minutes per week.

### Try these tips to help you walk more!

- If a 30-minute walk is too much to start with, break it into three 10-minute walks, or two 15-minute walking sessions.
- Find a walking buddy for motivation and accountability.
- Park your car farther from buildings or get off public transportation a few stops early and walk the rest of the way.
- Walk indoors on a treadmill or at a local mall to prevent weather or allergies from slowing you down.
- Use a pedometer or fitness device to monitor your progress.

## Walking for Fitness

### Maximize your walk with these ideas!

- Increase your intensity and burn more calories by walking at a faster pace, for a longer distance or time, or walk up hills, stairs or incline the treadmill.
- Pick up the pace by taking smaller, faster strides.
- Swing your arms. Avoid swinging your arms too high in front of your body.
- Walk on a bike path or long stretch of road to avoid slowdowns caused by crossing streets.
- Listen to music and keep pace with the beat. 115-130 beats per minutes is a good walking pace.
- Alternate your speed by walking fast for 30 seconds to 1 minute, then 2-3 minutes at your normal pace.

### Turn to us—we can help.



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

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