



Walk This Way

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Walk the walk

Simple walking is enough to get you started on the road to health. Try to walk 3 to 5 times a week for at least 1/2 an hour. You don't have to be a marathon runner or an Olympic athlete to achieve optimal health. Just follow these tips and start walking!

1 **Stretch**

Remember to stretch for 5 minutes before and after exercise to lengthen muscle fibers, strengthen tendons and ligaments, and prevent injury.

2 **Master the stairs**

Add stairs to your walk to bump up your heart rate and tone your muscles. You can do this anywhere—at home, office, or public buildings and parks.

3 **Head for the hills**

Another great way to add intensity for increasing your heart rate and building your muscles is to walk up some hills.

4 **Take some company**

Round up the family or a friend (or portable music!) to help you stick to your routine, enforce healthy habits, and enjoy yourself!

Note: Consult your healthcare practitioner before beginning an exercise program, especially if you have an existing medical condition or take medication.