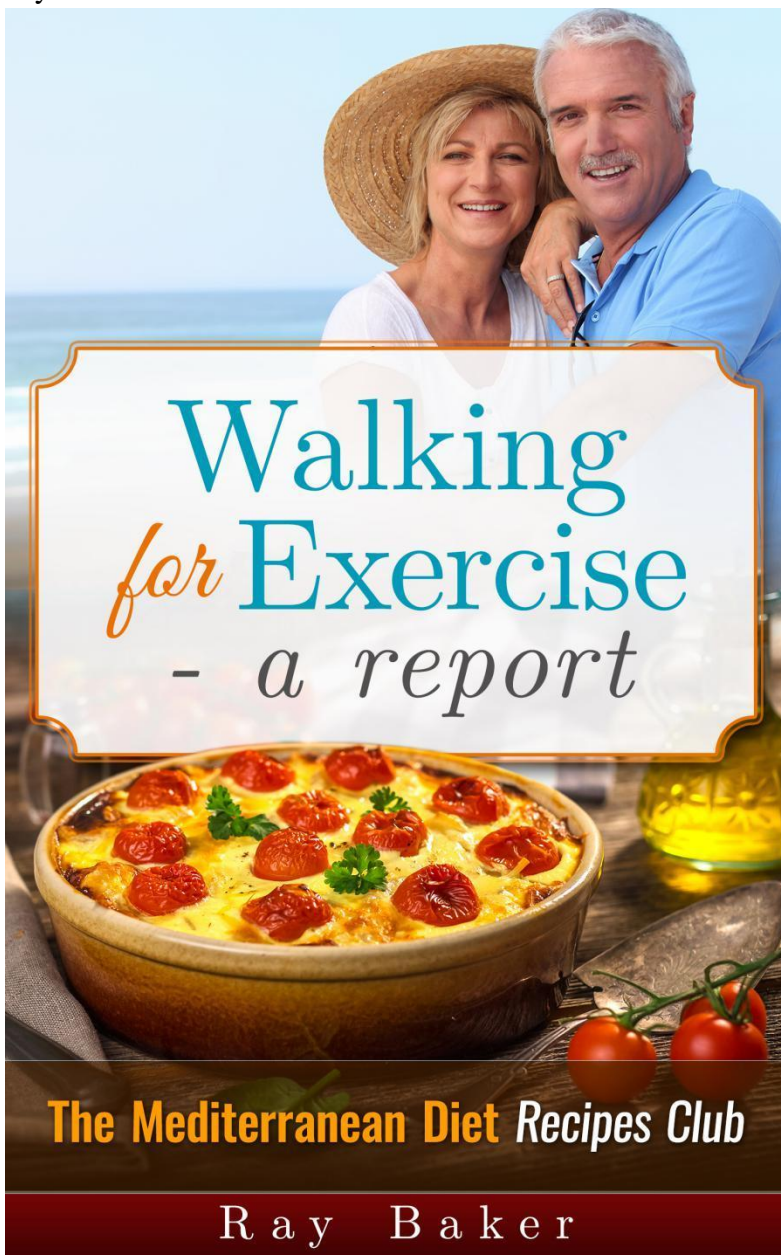




Ray Baker



Walking
for Exercise
- a report

The Mediterranean Diet Recipes Club

R a y B a k e r

www.the-mediterranean-diet.com



Walking For Exercise - a report

The Mediterranean Diet *Recipes Club*

By Ray Baker

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Walking For Exercise – a report

This report is a gift from the Mediterranean Diet Recipes Club.

You are under no obligation by downloading or reading this report. In fact, we hope it is of some benefit to you and your health.

Ray Baker

Walking for Improving Health and Fitness

I'm going to show you how to get started correctly with walking as a way to get fit, and maintain a good level of health. There are many health benefits from walking and it's recognized as a low impact exercise. I should mention it's also a good way to trim the waistline if that's one of your goals.

Let's face it - it's hard to think of an exercise that is more natural than walking. It's reasonably safe (unless you walk into a rose bush or a pole), it doesn't require heaps of training or a gym, yet the health advantages are numerous.

That's why this report has been designed to work with the **Mediterranean Diet Recipes Club**. It is easy, sensible and gets you to your objective of good health and fitness without having to undertake Olympic training and unnecessarily competing with others. Meaning - starting and maintaining good eating

habits together with sensible regular exercise will go a long way to optimizing your health.

Let's Discuss the Benefits of Walking....

Here's a short list explaining what walking can achieve for you:

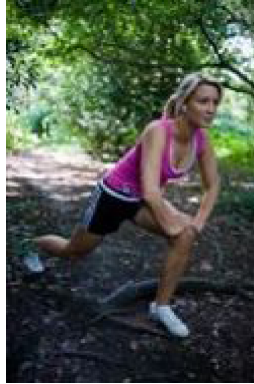
It can –

- Lower your blood pressure
- Help you get stronger and fitter
- Reduce the risk of or manage type-2 diabetes
- Manage weight issues
- Surprisingly, improve your mood
- Lower low-density lipoprotein (LDL) cholesterol (“nasty” cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (“nice” cholesterol)

Is Preparation Necessary?

Some of the things to consider though not expect are muscle pain, cramps and perhaps blisters.

Warming Up



Fortunately, with walking you don't have to do anything special. However, I would recommend you start the walk slowly and increase your pace over time. You could also try some stretches but that's entirely something you can decide yourself. I usually do some stretching at the end of the walk through to act as a cooling down activity. Also, as you approach the end of your walk you can again slow your pace to ready you for your cooling down finish.

Sensible clothing is a good idea. If you live somewhere hot, dress for it. If you live in the snow, don't go walking in your speedos or bikini. The more you adjust your clothing based on your last experience the better you become at this. Choose clothing that allows your body to breathe. Don't get dressed up in plastic or rubber attire.

Shoes



Try not to use someone else's shoes or something like office shoes. You'll regret it. Either invest in new walking shoes (and be particular) or wear shoes that seem to have some give but are still supportive. Gum boots don't make it I'm sorry!

Other activities do attract more exposure on the media but walking is definitely the most popular - remember that! The number of people turning to walking as a sensible and reliable exercise is increasing daily.

Interestingly, walking is the only exercise that has even greater popularity as people age instead of declining (like other exercise). In addition, many famous sports stars, celebrities, politicians, past president and prime ministers have been known to walk regularly. Many relied on it to do their thinking.

It's slower but it's a really pleasant road to fitness

I've learned that people walk for many different reasons. Some walk to eradicate stress, others for the simple pleasure of getting out and about, some to find privacy with their thoughts or simply as a mode of transport.

How could I not mention that one? That said, almost all who walk do so with the knowledge that it is a great way to exercise.

Walking (these days) is a highly respected a means of exercise even though some dismiss it as too easy. Studies show that, when done briskly on a regular schedule, it can improve the body's ability to consume oxygen during exertion, lower the resting heart rate, reduce blood pressure, and increase the efficiency of the heart and lungs. It also helps burn excess calories. So the term 'too easy' is quite laughable really!

I read recently that walking burns approximately the same amount of calories per mile as running, a fact particularly attractive to people who find it difficult to sustain the jarring effects of constant jogging. I've learned that a brisk walk for one mile in 15 minutes chews up just about the same amount of calories as jogging an almost equal distance in eight and a half minutes.

You should remember in weight bearing activities like walking, heavier people would burn more calories than lighter people. i.e. Studies show that a 110-pound person burns about half as many calories as a 216 pound person walking at the same pace for the same distance.

You should know increasing walking speed does not burn significantly more calories per mile, a more vigorous walking pace will produce more dramatic conditioning effects. When looking at the benefits to heart and lung endurance, how far one improves depends on his or her initial fitness level.

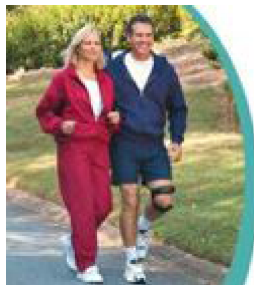
Someone starting out in poor shape will benefit from a slow speed of walking where as someone in better condition would need to walk faster and/or further. In some weight-loss and conditioning studies, walking has proven to be more effective than running and some other more highly promoted activities.

That's because it's almost injury free and has the lowest dropout rate of any form of exercise.

Like other forms of exercise, walking appears to have a substantial psychological pay-off. Beginner walkers almost invariably report that they feel better and sleep better, and they say their mental outlook improves.

Walking can also produce a favorable influence on personal habits. For example, smokers who take up walking often cut down or quit. There are two reasons for this. One, it is difficult to exercise vigorously if you smoke, and two, better physical condition encourages a desire to improve other aspects of your life.

Common Qualities of Walking



Walking has qualities in common with other activities. Some of these qualities are enumerated below:

Nearly anyone can do it

You don't have to take lessons to learn how to walk. To become a serious walker, step up your pace and distance and walk more frequently.

You can do it just about anywhere

To find a place to walk, step outside your front door. Almost any sidewalk (footpath), street, road, trail (bush track), park, field, or shopping malls will do. The variety of settings available is one of the things that make walking such a practical and pleasant activity.

Anytime's a good time

You don't need anyone else to do it, so you can set your own schedule. Weather doesn't pose some problems but it does in most others sports too. Walking is not a seasonal activity, and you can do it in extreme climates that would rule out other activities.

It's cheap

You don't have to pay fees or join a gym to become a walker. The only equipment required is a sturdy, comfortable pair of shoes.

Making a walk a workout

It's largely a matter of pace and distance. When you're walking for exercise, you don't drag your feet, stroll, or shuffle. Instead, you move out at a steady pace that is brisk enough to make your heart beat faster and cause you to breathe a little more deeply.

Tips to help develop a better walking cycle



- Hold head erect and keep back straight and abdomen flat. Your toes should point straight ahead and your arms should swing loosely (not wildly) at your sides.
- Land on the heel of the foot and roll forward to drive off the ball of the foot. Most people tend to do this naturally anyway. Walking on the

ball of the foot, or in a flat-footed style, may cause fatigue and soreness.

- Take long, reasonable strides, but don't strain yourself for distance. When walking up or down hills, or at a rapid pace, lean forward slightly.
- Breathe deeply (with mouth open, if that's more comfortable).

Where can you walk?

- Here are some suggestions:
- Mall walking is great for cold or rainy conditions, and it's great for social support and meeting new people. Call your local mall to find out when their walking club meets (most of the time it's before the mall opens).
- Historical or architectural walking tours
- When travelling (a great way to explore a new city)
- Around the block 9Think about it it's a god way to say 'Hi' to neighbors etc.
- Your local track

- Bush tracks (trails) in your Local Park or botanical gardens
- Walking club. Many walking clubs have events too, and plenty of people walk road races even when people are running. Check out your local clubs.
- Look up American Volkssport Association: This is a network of 350 non-competitive walking clubs that organize more than 3,000 walking events per annum in most US states
- Try Rails-to-Trails: A nonprofit organization that converts abandoned railroad tracks into biking, hiking, and walking trails
- Hiking. It's walking in the bush (woods)! Check out the American Hiking Society for clubs in your area.
- Look up local 'walking for causes' in your area. The American Heart Association, American Diabetes
- Association, and many others sponsor local walking events.
- Walk your pooch (my favorite)!

What's a Pedometer?



Pedometers are beeper-sized devices that measure how many steps you take. They're a great way to keep track of your walking progress! However, you don't have to have one.

Walking to achieve weight loss



Walking, like other aerobic activities, burns calories and will contribute to weight loss. Of course, to lose weight, you must burn more calories than you consume no matter how much you exercise, so make sure to reduce your calories if you want to lose weight, even if you're walking a lot.

Exercise is much more important for maintaining weight than it is for losing it. In fact, scientists believe it's the single best predictor of maintaining weight. Research over the past two decades clearly shows that individuals who exercise after weight loss are far more likely to maintain their weight than individuals who don't exercise.

As for walking specifically to control weight, walking is the most popular activity among participants in the National Weight Control Registry. The NWCR is a longitudinal study of more than 5,000 men and women who, in order to participate in the registry, must successfully maintain a 30-pound weight loss for a minimum of one year.

The current average weight loss among the 5,000 participants is 60 pounds and the group has maintained that loss for roughly five years. It's tough to argue with success!

Walking Involves Fewer Health Risks

If you are free of serious health problems, you can start walking with confidence. Walking is not as strenuous as running, bicycling, or swimming and consequently involves almost no risk to health. Of course, this statement assumes that you will exercise good judgment and not try to exceed the limits of your condition.

Most doctors or physicians recommend annual physical examinations for persons over 40 or 45 years of age. Also, if you have high blood pressure or other cardiovascular problems, you should consult your physician before beginning any kind of exercise program and in every case!

How Far? ... How Fast? ... How Soon?

Now that you have decided to begin walking for exercise, you may be shocked at how poor your condition is. If at first you have difficulty in meeting the standards suggested here, don't be discouraged. You can systematically build your stamina and strength back to acceptable levels. Patience is the key to success. It usually takes a month of reconditioning to make up for each year of physical inactivity.

No one really knows exactly how far or how fast to walk at the start, but you can work out the proper pace and distance by trial and error. You can begin by walking for 20 minutes at least four or five times a week at a pace that feels comfortable to you. If that proves to be too tiring, or too easy, reduce or lengthen your time as you see fit.

Some older people and some people who are ill, begin by walking for one or two minutes, resting a minute,

and repeating this cycle until they begin to be fatigued. Where you have to start isn't important; it's where you end up that matters.

As your physical fitness improves, you should gradually increase your pace. After you have been walking for 20 minutes several days a week for one month, start walking 30 minutes per walk. Eventually your goal should be to get to a level where you can comfortably walk three miles in 45 minutes.

The speed at which you walk is less important than the time you devote to it, although we recommend that you walk as briskly as your condition allows. It takes about 20 minutes for your body to begin realizing the "training effects" of sustained exercise.

The more often you walk, the quicker you'll improve. Three workouts a week are considered to be a 'maintenance level' of exercise. More frequent workouts are required for really noticeable improvement.

IMPORTANT – Take note of your body signals

If you develop dizziness, pain, nausea, or any other unusual symptom, slow down or stop. If the problem persists, see your physician before walking again.

The most important thing is simply to set aside part of each day and walk.

What's a good average walking speed?

- A good average walking speed is 3 to 4 miles per hour (mph) and depends on your leg length and how quickly you can move your legs.
- You may need to start at a slower pace if you're out of shape, but you will build up quickly if you walk regularly.
- Once you exceed 4 mph, it gets tricky because you don't know if you should walk or run. Proper speed walking technique will help at fast speeds.



Treadmill and outdoor walking yield the same benefits.

You've reached the end of this report and I hope you've learned something to help you achieve your objectives. You are free to pass this report to friends by way of your personal ID link. If you manage to have three friends join up via your ID we've provided you, we will send you our 'Exercising from Home' eBook, which is, packed full of information on exercising from or in your home and is normally \$43.00. You don't have to be snow-bound to want to exercise inside! This is one of the most helpful eBooks for people who have a reason for exercising at home.

Now I've talked the talk, you can walk the wal:-)

... Stay well,

Ray Baker