

# WALKING TIPS FOR BEGINNERS

## BE PREPARED

- Make sure to wear comfortable, supportive shoes.
- Wear comfortable clothing and bright reflective colors in the evening.
- Stay hydrated, not just during the walk, but by drinking water throughout the day.
- You can prevent sore muscles by stretching after walking.

## WALKING TECHNIQUES

- Your pace should be fast enough to increase your heart rate but you should be able to talk while walking.
- Keep your head up, shoulders down and relaxed.
- Consider meeting up with friends, relatives, neighbors or church members. People that walk with a buddy are more likely to stick with it!

## HOW LONG SHOULD I WALK?

- Start slowly, walk for 10 minutes at a time for a week, and then add 5 minutes the next week. If any week is too difficult repeat the same time amount until you're able to progress comfortably into more minutes.
- Walking 150 minutes per week is recommended by the Centers for Disease Control. But don't get discouraged if you can't walk 150 minutes per week. Some walking is much better than no walking!
- Don't get discouraged if you can't walk 30 minutes straight. Walking 10 minutes three times a day or 15 minutes two times per day works just as well as walking 30 minutes straight!



# EASY STRETCHES

## THE TWIST

Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body (from your hips down) still while twisting your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

## NECK RELAXER

Drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backward.

## ARM CIRCLES

Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.

## ANKLE CIRCLES

Standing up, hold on to a stationary object. While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do ten circles in each direction.

## HAMSTRINGS AND LOWER BACK

Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.



**The Wellness Coalition**  
thewellnesscoalition.org

**For more information, call 334-293-6502**

You can also check out [www.choosemyplate.gov](http://www.choosemyplate.gov)