

Avoid a walking injury

Walking is great exercise – but an injury will leave you sidelined. Keep your walks safe and healthy with these tips.

Get the right shoes.

Comfortable, supportive shoes are a must. Experts recommend getting new walking shoes after walking for 300 – 500 miles in them. If your shoes are uncomfortable or show signs of wear, toss them. A new pair is an investment in your health.

Don't do too much.

If you haven't exercised in a while, start off slow. Walking for just a few minutes may be enough at first. Increase your distance by 10% each week. Doing too much, too soon can cause painful shin splints or other injuries.

Prevent blisters.

Synthetic fiber socks may help you prevent blisters. Cotton socks can trap moisture and cause rubbing. If you have diabetes or nerve problems, see a doctor if you get blisters or sores on your feet.



Know your knees.

If your knees hurt when you walk, talk to your doctor. Knee pain can be caused by arthritis, damaged ligaments and other health problems.



If you don't have any health issues, you may need a new pair of shoes. In some cases, doing stretches or leg strengthening exercises can help. Some people find that soft ground like grass is easier on their joints. Walking on concrete may cause more pain.

Be aware.

Newer hybrid and electric cars are very quiet. Don't rely on hearing alone when crossing the street. Stop and look both ways. If you're using headphones, keep them turned down low. This helps protect your hearing and helps you hear people, animals or cars nearby.

Source: American Heart Association