

# Walk Your Way to Fitness



Walking is a great way to keep fit without risking injury or buying lots of special equipment. Since walking is probably the most natural form of exercise, almost anyone can do it with ease.

## *Walking keeps you fit because it:*

- Improves cardiovascular fitness.
- Increases the amount of calories burned.
- Enhances muscle tone.
- Builds stamina.
- Aids digestion and regularity.
- Helps to relieve tension.
- Enhances feelings of well-being.

## *Although walking comes naturally, you can maximize comfort and benefits if you:*

- Warm up by walking slowly for 2 to 3 minutes.
- Take a few minutes to stretch before and after walking, especially if you walk briskly.
- Wear good walking or running shoes with sufficient arch support.
- Walk by stepping down on the back of your heels and rolling onto your toes.
- Maintain good posture by keeping your head up, shoulders back, and arms swinging freely at your sides.
- Breathe deeply and exhale fully.
- Cool down by walking at a slower pace for 3 to 5 minutes before you stop.