

WALKING 4 HEALTH:

Select the right Footwear to begin a walking program.

Only use the sneakers for your walking sessions to prolong the life of your footwear.

Schedule WALKING sessions into your weekly schedule and make them a priority like any other appointment.

Slowly add time/distance to your program (no more than a 10% increase per week)

Results to look for:

- Increased Endurance
- Improved Posture
- Enhanced Muscle Tone
- Weight Loss
- Improved Joint Mobility and more...

Equipment:

- Quality Sneakers
- Comfortable Attire
- Water Bottle
- Sweat Towel

Walking Space:

- Indoor (Mall/Treadmill)
- Outdoor (Path/Sidewalk)

CrossTrain:

- Be sure to add other types of activities to complement your wellness program
 - Flexibility Movements
 - Interval Training
 - Weight/Resistance Training

Always consult with your MD before you begin any exercise program and seek medical advice if you are having any health issues which may be made worse by starting a new fitness program.