

Ann Merrill's eight ways to walk your way to fitness and health

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Eight Ways to Walk Your Way to Fitness and Health

Resident Fitness staffer, Ann Merrill, is once-again this week sharing with us some get-fit tips we can use during this time when we are all staying at home to stay safe.

1. Walking can help you burn fat and lose weight.

When you walk for more than 45 minutes at a brisk pace, your body must burn stored fat.

2. You may not be walking right.

You should work on good walking posture, arm motion, and foot motion to get the most out of a walking workout. Remember, heel to toe...

3. You need the right walking shoes.

Be sure your shoes fit well and provide good support. Shoes that look OK on the outside, may not be OK on the inside for support.

4. A pedometer or fitness band can motivate you to walk more.

If you log 10,000 steps per day, you are likely meeting recommended activity goals – and on your way to better fitness.

5. You can walk a 5K, 10K, half marathon or a marathon

Goal-driven activities like these can really help you get—and sstay—motivated!

6. Walking is good for many conditions.

Did you know that walking for 30-minutes per day, five times per week is recommended for people with arthritis and diabetes? And it can't hurt for those who don't have these conditions!

7. You can walk solo or with friends.

Walking alone or with your dog is a good way to get in a quick workout. But walking solo likely has the most chance to get you to that good cardio zone/optimal heart rate. Walking with your dog is

great, but you are more apt to stop and stat. A good combination of both solo and with your dog can provide a healthy balance for you AND your dog! And Cat-lovers, they make cat harnesses too... maybe kitty could use a walk!

8. Walking can improve your mood.

Taking a walk can relieve stress, and the act of exercising can release endorphins and other brain-happy chemicals! In addition, it feels good to give a friendly wave and smile to others you pass (of course with six-foot distance) on your walks—think of it as prescription for “feeling good”.

Great websites with other walking tips:

- <https://www.verywellfit.com/walking-overview-4581844>
- POPSUGAR

<https://fitness.com>

<https://www.myfitnesspal.com>

- Leslie Sansone has many walking videos on:

<https://www.youtube.com/user/walkathomedia>

Source: Communications Team