

# 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*