THE MAGIC OF WALKING

'Walk and be happy, walk and be healthy,'
-Charles Dickens.

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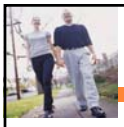
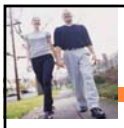


Benefits of Physical Activity

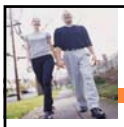
- Feel better
- Energy increases
- Clears your mind
- Stress reliever
- Sleep more soundly
- Strengthens bones &cardiovascular system



Benefits of Walking

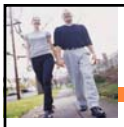
- Connect to your surroundings
- Connect to friends/family
- Very functional – most of us walk daily
- Wakes you up
- Low-impact
- It's FREE and can be done ANYWHERE!

Walking is the single most beneficial, all-purpose physical activity for all of us!



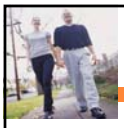
Stride

- Comfortable, not forced
- To go faster shorten stride
- Speed walk – walk the "line"



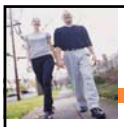
Ways to Add Variety to Walks

- Breathing
  - One breath/pace or one breath every 2-4 paces
- Nature walk
  - Notice surroundings and focus on senses (smell, sight, touch, sound)
- Stress Relief
  - Empty mind
  - Mini vacation
- Social Connection
  - Catch up with friends and family



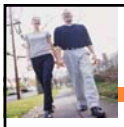
Ways to Add Variety to Walks

- Speed work
  - Choose to either do a fast, slow or interval walk
- Circuits
  - Use natural surrounding as circuits
- Choose a different route
- Add hills
- Make it a game
  - Change pace at every third tree, mailbox or car



Safety Concerns

- Heat
- Cold
- Ice
- Sun or wind-burn
- Uneven terrain
- Dehydration
- Old shoes
- Safe routes
- Take a buddy or let someone know where you are going



Stretches to try

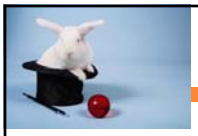
Hamstrings

Hip Flexors

Calf

Shoulders/Chest

Ankle circles



The Magic of Walking

- The activity that needs no gym
- The prescription without the medicine
- The energy booster with no side affects
- The therapy without the psychoanalyst
- The fountain of youth that's not a legend
- The mental vacation that is FREE!