



***In motion* Summer Walking Tips - 2005**

1. Dress for the weather. Clothing will affect your comfort throughout your walk. Choose to wear layers of comfortable clothing that won't restrict your movement. Try synthetic fabrics like nylon that will wick away sweat from your body and keep you dry. Avoid open-mesh jerseys and tank tops; they expose you to too much sun. Light-coloured clothes best reflect the sun.
2. For those bright sunny days, avoid sunburn and heat stroke by adding a hat and sunglasses to your outfit. Don't forget to lather on the sunscreen as well to protect yourself from harmful UV rays. . Keep cool by wearing a wet bandanna around your neck.
3. Walking is one of the greatest activities to get you started in the physical activity direction. It is easy, it can be done almost anywhere, anytime and it is free! It's a great way to catch up and spend time with friends and family or grab your dog or head out alone to enjoy some YOU time.
4. Walking briskly for 30 minutes, 4 to 7 days a week makes you feel good, relieves stress, helps you achieve and maintain a healthy body weight, gives you energy and can help reduce the risk of developing heart disease, osteoporosis and certain cancers.
5. Pamper your feet because you'll need them to walk you through the rest of your life. So take care to wear comfortable shoes when you walk. Choose a lightweight shoe with a wide toe box and flexibility. They should bend where the foot bends at the ball; if it bends at mid-foot, it will offer little support. They should feel comfortable as soon as you try them on – not too wobbly and not too stiff.
6. Replace your running shoes periodically. After 250 to 500 miles of walking or running, they lose much of their shock absorbency and the tread wears down. Remember that your feet need to last you a lifetime, so treat them well.
7. Whether you are just starting to walk to increase you physical activity or you have been walking to stay "in motion" set a good steady pace. Strolling along the street is not as good for your health as a nice brisk walk. Set a pace that makes your heart beat a little faster, breath a little harder and makes you feel warmer.

8. Fit walking into your day. You would be surprised at how easy it is to fit walking into your daily routine or schedule. No, you don't have to book off a specific time to walk, just do "useful" walking. Do errands on foot. Hike or bike part way (or all the way) to work or school. Instead of sending an email to the person in the office around the corner, get away from your desk and walk over to deliver the message personally.
9. For all you avid walkers out there, you may be looking for more of a challenge. Try getting in touch with a walking or running group in your area. Contact your local community centre or YMCA/YWCA for more information. Walking and running groups welcome newcomers and it's a great way to meet new people and to stay motivated.
10. Drink more water than usual. A person of average weight should drink at least 12 cups of water a day while working out in the heat. Children should drink about six to eight cups of water a day. Cool water is the best choice unless you exercise for periods longer than 90 minutes, in which case nutrients other than water may get depleted. Then a sports drink will help restore those nutrients to healthy levels.
11. Carry a frozen water bottle in a fanny pack or in the back of your shorts. The bottle will keep you cool, supply you with cold water (cold liquids leave your stomach faster) and even help reduce inflammation in your low back.
12. Exercise in the early morning or early evening (less sun, less air pollution) if possible. Try to avoid exercising between 10:00 AM and 2:30 PM, as this is the warmest part of the day.
13. Gradually get use to the warm summer weather. If exercising in the heat is completely new to you, take it easy for the first two weeks. Start slow, with less intense activity (either a shorter walk or not as quick a pace).
14. Try to walk, run or bike along shaded pathways or trails. Alternately, walk or jog in malls, where it is cool and shady. Most malls are now open early for mall walkers.
15. Take special care if you are very underweight, very overweight, pregnant or an older adult. Many experts recommend you maintain a moderate intensity level--60 to 70 percent of predicted maximum heart rate--when exercising in the heat. Stay fully hydrated at all times and take many rest breaks.

16. You can achieve the same physical benefits from walking as you do from running. However, it may take up to twice as long to cover the same distance.
17. Walking one mile burns only slightly fewer calories than running one mile. And it's less stressful on your body!
18. To pick up your walking pace to burn fat, you should think about quicker, not necessarily longer, steps. Let your stride length come naturally.
19. Here are a few ideas about fitting walking into a busy life:
 - Think before you drive less than a mile - walk to the local shop or post box
 - Get off the bus a stop earlier
 - Park the car further away from the supermarket
 - Take the stairs instead of the lift
 - Enjoy a walking lunch - walk to the park and eat your sandwiches
 - Borrow a friend's dog and take it for a walk
 - Throw away the remote control!
20. Try to walk on most days of the week - you could start with a 10-minute walk and gradually increase the time you spend walking. Don't overdo it on your first. If you are very unfit you may want to start by walking every other day. Build it up bit by bit and know what you are aiming for.
21. To get health benefits from walking, you only need to walk for 30 minutes, 5 days a week. If it suits you to break this down do, 3 sessions of 10 minute walks in a day, it's just as good
22. If you are walking on your own, stick to areas that you are familiar with. You might want to design a circular route that links your local shop with other local features - choose busy, more populated areas. Investigate local parks, pathways and open spaces.
23. In poor weather conditions you may want to include an indoor shopping centre on your route (no excuses). Or you can try the indoor track at the Saskatoon Field House.
24. If you are a beginner walker, start by walking on flat ground and by going a short distance. As you feel more comfortable and walking becomes easier, increase the distance you walk before you increase the speed or gradient.



25. Don't exercise strenuously in high temperatures over 32 degrees Celsius (C) or high humidity (over 75%). It is especially important not to work out strenuously when both temperature and humidity are high. Normally the body deals with high heat levels through perspiration, but when humidity levels are also high, sweat does not evaporate as quickly and body temperature can rise to dangerous levels. (The "heat index" measures a combination of heat and humidity. This index tells you how hot it "feels"). Avoid all outdoor activities if there is a chance of thunderstorms or lightning.