

Proper Walking Techniques

Benefits of Walking:

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's safe, simple, doesn't require practice and has health benefits:

- Improves your mood
- Boosts bone strength
- Burns calories and keeps weight down
- Lowers your blood pressure
- Reduces your risk or helps manage Type 2 diabetes

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

Use Proper Technique

Walking is a great exercise because it's so simple to do. Using the correct posture and movements is essential.

The American Academy of Orthopaedic Surgeons recommends maintaining good posture when exercise walking by: swinging your arms, keeping your head up, straightening your back, flattening your abdomen, pointing your toes straight ahead and taking long strides.

Keep chin parallel to the ground to reduce strain on the neck and back

Move shoulders naturally

Tuck your pelvis under your torso

Position your feet parallel to each other

Focus 15 - 20 feet in front of you

Swing arms in a natural motion

Gently tighten stomach muscles



Preparation to Avoid Injury:

Take time to prepare yourself to prevent injury, such as blisters on your feet or muscle pain.

Gear up - Wear walking shoes and comfortable, protective clothing

Warm up - Five minutes of slower paced walking warms your muscles

Stretch - Include the calf stretch, quadriceps stretch, hamstring stretch and side stretch

Walk - Now that you have warmed up you should be ready to start your walk. Your breathing should be elevated, but you should not be gasping for air

Cool down - Five minutes of slower paced walking after each session reduces stress on your heart and muscles

Stretch - Take a few minutes to relax and stretch out all of the major muscles you used

Begin slowly and work your way up. Try to walk at least five times each week. Always start with a five-minute, slower paced walk to warm up, and end with a five-minute, slower paced walk to cool down.

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