

# Getting Started on Your Walking Plan



Walking to lose weight is one of the most powerful fitness tools you possess, and you don't need a fancy gym membership to do it. Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism.

To help you commit to walking as a part of the **Path to Health** program, here are some suggestions to get you started:

- ⇒ Start out by going for a walk in the mornings or evenings. Make it a family routine to go for a walk after dinner. And of course, if you have a family dog, they usually prove to be happy companions.
- ⇒ Listen to your body and be aware of any warning signs of heart attack or stroke compared to the normal signs of exertion.
- ⇒ All you need are comfortable walking shoes, comfortable clothing and a walking location.
- ⇒ Start off with just 15 minutes walking at an easy pace for the first five days.
- ⇒ Then add 5 to 10 minutes to each day's walk gradually building up to 30 -45 minutes per day.
- ⇒ Organize a few of your friends to gather at a local park several times each week and share the time walking and visiting together.
- ⇒ Instead of trying for the closest parking space, park in the farthest spot and add a few more steps to your daily exercise.
- ⇒ Avoid the elevators and take the stairs as much as possible.
- ⇒ Organize a group at work to take a 15-minute walk around the parking lot during your lunch break and encourage each other to make it a habit.

## **Remember**

Walking is good for your brain and we all need insurance to help us retain our mental capacity.