



## April 2015 Physical Activity

### Start Sensibly

Don't begin your exercise program too ambitiously. The key to success is to start slowly and increase the difficulty of your workouts as you become more fit. Rather than trying to run three miles on your first day, begin by running/walking half a mile and increase your distance as your fitness level improves.

### Start With Walking!

If you are looking for an easy and inexpensive way to stay healthy or lose weight, you need nothing more than your own two feet. Walking is an ideal form of exercise—it's free, and you can do it almost anytime and anywhere.

### Setting the Pace

To get moving, experts advise beginners to start with a 15- or 30-minute walk daily and add five or 10 minutes to the walking session time per week. More specifically:

- To maintain your health, walk 30 minutes a day most days of the week at a “talking” pace, which means you are able to carry on a conversation comfortably while walking.
- If you are walking for weight loss, walk 45 to 60 minutes a day at a medium to fast pace. In addition, do not skip more than two days per week.
- For aerobic and cardiovascular fitness, walk 20 minutes at a rapid pace (you should be breathing hard) three to four days a week.

After walking, gentle stretching can help keep your muscles from being sore. It is also wise to warm up before walking fast or going a long distance.

If you burn at least 150 extra calories per day, you significantly reduce your risk of developing heart disease, high blood pressure, diabetes, colon cancer, anxiety and depression.

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