



# Walking for Fitness

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Walking fitness is the process of maintaining one's health. The goal is to build muscles at the same time protecting the joints. Some people walk to fitness to lose weight while others walk to uphold health. Whatever the purpose may be walking to fitness is ideal for everyone. Still, when a person walks to fitness they must decide what works best for them. Since, technology has developed one has Power-Belts, treadmills, ski walkers and more to choose from a variety of products. If you are in the mood to walk, yet feel you need support go online and check out the products available to you. Technology has designed something for everyone.

Today the world is turning at a fast pace, and due to technology, most of us sit behind a desk all day long keying in data. For this reason, we need to find ways to better our health and the answer rests somewhat in walking fitness. To get you up and running we can start with the power of walking fitness and see how it benefits everyone. Learn about new technology and steps to improve health.

## **The Power of Walking fitness**

Since experts found that walking is one of the best ways to reach fitness, it seems everyone is coming up with something new to encourage people to walk. Nowadays we have the Power-Belt, which is the latest walk system. This walking unit is recommended by some of the top fitness experts, including Denise Austin.

### **How it works:**

The Power-Belt works in a way that it redefines the body; this belt has proven to burn more calories than natural walking routines. In fact, studies showed that this workout machine could help you burn more than 70% body calories during a single workout. The fitness system helps by burning up calories more so than some common workouts. The system tones the muscles while helping you to lose the weight that builds up on those winter months. How it works is simple. You merely strap the belt on to your waist. The belt is padded providing you comfort, which you grab the handles made of rubber and walk, walk, walk. The system has reels that supply you with resistance workout in a smooth way. The unit walks you full scope. As you perform the workout, your arms are working into place.

If you want to burn calories fast, get the power of this walking fitness machine. The walker enables you to change pace. If you want a flat tummy, and to shrink that waist, then check out this walking fitness that gives you power. You will have tone arms when you finish as well. According to Denise this workout, routine will give you results by practicing one half hour each day. What a great way to walk to fitness.

Walking is a great exercise that works the whole body, yet some of us need support. The Power-Belts are great support tool, since it helps you to burn calories fast. You burn calories at a higher rate according to the distributors than you would walk outdoors or indoors in a natural way.

Power-Belts is a great walking fitness scheme that works well. How it works is simple. You strap the belt to your waistline. Once the belt is strapped to the waist, you have rubberized springs grabs to hold onto. You use these grabs to work the arms back and then to the front. It helps you to lose weight, since it works the prime muscles. The belt is safe to use and will not harm the joints, which is important. Workouts that cause joint pain can lead to severe injuries.

You have options if you do not think the belt is right for you. Treadmills are a great walking fitness outfit. Treadmills enable you to adjust the level you want to walk. You can start out slow walking, move to fast pace, aerobic level and finally work your way up to fat-burning levels. The faster you walk the more calories you burn.

However, according to the distributors of this powerful belt you can burn more than 70% of the calories quicker than walking on a treadmill. I notice on low speed the treadmill helps you to burn calories slow, yet as you pick up pace you lose more calories faster.

If you use the treadmill, you can turn it up to aerobics when you are ready to burn fast calories. Fat is burned also by using the treadmill. Fat calories are important to lose, especially if you want to reduce weight.

Still, the belt will help you reduce weight while toning the body. It is your choice; yet exercise is important therefore for the sake of your health, include walking fitness into your daily activities. Diabetes is common, as well as obesity in our system. Despite we want to consider walking fitness to keep diabetes and obesity at bay.

## **Walking Fitness for Diabetes**

Did you just find out that you now have diabetes and you feel sudden fear and frightened from your learning? Don't be scared of diabetes just learn to control it and you'll be fine. Many people live healthier lives by taking care of themselves.

Being a diabetic isn't the end of the world. Many people out there have diabetes for years and you don't even know it. Why don't you? These people have learned to accept that they have a disease, which moved them to take care of themselves. Taking care of yourself by watching your diet and getting plenty of exercise is the best and healthy way to control diabetes. You will need to listen to your doctors instructions as well.

Does your doctor tell you to lose 20 pounds and it will help to control your sugar level? Listen to the doctor and start working on your diet and activities. Listening to your doctor is important because diabetes isn't something you want to ignore.

Walking fitness is the best activity a diabetic can do. Walking will help to keep the blood flowing freely throughout your legs. When being a diabetic your legs and feet it is important to keep the circulation moving in them. Your bones need to stay strong and working will improve the strength as well as keep the blood circulation flowing.

When starting any new physical activity consult your doctor to make sure he approves first. Walking is something you don't want to jump into and expect to walk 5 miles a day right from the beginning. Take it slow and walk everyday a little bit further as it starts to get easier. You might find that walking just a short distance the first week is all you can handle. On the second week, walk a little bit further until you have met your goal.

Try to keep a steady pace up as you walk starting it to at a slow pace and increasing as you go. The steady pace is good for the heart and to help you burn more calories. Burning those nasty calories is going to help you lose the weight that doctor say to lose as well as help the blood circulation in your feet and legs.

If you find it is to hard for you go walk a lot or be outside you can be active in other ways. When you go to the store don't park right next to the door, find a place at the end of the parking lot and walk a little ways. Do you know that if you walk around your coffee table just during the commercials you can get in 10 min of walking in one hour?

Walking alone will help you lose weight but you still need to keep an eye on the diet and that with walking will make the weight fade away a lot faster. Your diet is very important when trying to lose weight and being a diabetic you need to change your eating style to keep the sugar level down. By changing your diet to preserve the blood sugar level, you will help you to lose weight at the same time.

Walking fitness is good for all of us. If you want or need to find out more about getting fit by walking just hope on the Internet and check things out. There are many articles on walking to make us fit and how it will help make our lives much healthier.

Start a walking plan with your neighbor or a friend that you like spending time with. As well as getting fit, you can socialize and it makes the time go faster too.

## **Fitness of Walking to Good Health**

When we walk, we work the muscles and joints. The joints require flexibility to assist us with lifting, standing, walking and so on. When the joints do not have this flexibility, it can cause inflammation and pain. Poor exercise can lead to arthritis, osteoarthritis, osteoporosis, gout arthritis and so on. To avoid inflammation and pain, work those muscles.

Walking fitness is the leading topic today. Due to technology advancement, we have a wide array of products that train us to walk daily. We have a selection of Power-Belts, treadmills, skis, advanced walking programs and more.

### **How do walking fitness programs work?**

It depends on which program you choose. Walking fitness programs may include multi-counters that tell you how much calories and fat you've burned after walking. You can set up your own program and purchase gadgets online that assist you with maintaining health. You can also join a gym. Gyms sometimes include walking fitness programs that guide you to good health. In addition, one can ask friends and family members to join them in walking routines daily. This is a great socializing workout that helps you stay in contact with you while working to reduce weight.

Treadmills are great walking fitness machine. The treadmills often include thumb pulse, which gives you pulse readings. You have a timer, which helps you to keep track of the time you walk. Pulse calories and fat calories are recorded on treadmills, which gives you the advantage of keeping track of your calories and fat. You have distance monitors, which help you to keep track of the distance you walk. Heart rates monitors are your training zones, which promotes healthy hearts while walking. The machines give you options. You can choose zones, which include aerobics, max fat burn, fat bur and so on. Age groups are listed to help you see where you need to be. For instance, if you are 80 years old, fat burn is 90, max fat burn is 103, and aerobics zones is 115. If you can maintain this level, you will stay healthy. Treadmills also have speed-training zones. The zones include cool down. Cool down is great for getting started and finishing your walking fitness. You have fat burn also, which you can use to pick up your speed to burn calories and fat faster. Aerobic will give you a great cardio workout. Performance is for those who want to reach peak performance as an athletic, as well as the fast speed zones.

Online you will find a variety of products to assist you with walking fitness. If you prefer you can purchase monitors that help you keep track of walking time, calories burned, fat burned and so on. Many products are available online, which help you to keep track of your fitness. Walking provides you many great benefits so consider products and walking carefully considerably.

Walking helps to reduce pain from arthritis, rheumatoid arthritis, gouty and so on. Walking also helps you to reduce risks of heart attack, strokes, diabetes and more. Walking gives you many benefits, since it builds strong bones, muscles and helps the joints to maintain suppleness.



Walking fitness is great, yet you should consider other exercises to help you take control of your health and weight. If you are overweight perhaps, you will enjoy cardio workouts, walking fitness, resistance routines and strength training. Pilate's workout is another great set of routines that help you lose weight and stay healthy. You have many options when it comes to health and fitness so why not consider walking to fitness along with building; the heart and blood flow to live a long, healthy life. Get walking down the road to fitness.

## **Walking Down the Road to Fitness**

When you walk down the road to fitness, it promotes good health. Good health means you cut back the risks of heart attacks, strokes, diabetes, high blood pressure and so on. When you cut back the risks, you have the opportunity to live a happier, healthier life. Move to happiness and health now by learning how to walk to fitness.

### **How to walk to fitness:**

You have many options. On the Internet, you will find the Power-Belt promoted by Denise Austin, or you can choose the common treadmill. It is your choice. If you want to save money, however you can walk each day in your neighborhood, walking around the blocks. When you walk outdoors, you get fresh air and Vitamin D from the sunrays. What a great way to walk to fitness.

### **How do I choose my scheme?**

If you live in a poor neighborhood where crime is high, you can walk in place indoors. Merely lift those legs and start walking in one spot without moving. You can move around the house walking room-to-room if you feel bored from walking in place. If this doesn't do nothing for you then you might want to try to maybe get a hold of the local school in your neighbor they sometimes let you walk inside the school for your safety as well as your health do to the fact of the winter months. You can always get a hold of a friend to walk with you so that your not alone while walking it fact is really not a good idea to walk along due the fact of your safety. If you really want to walk, there is ways to do it. Do not forget that you can get a treadmill and put in your house this way you will have to comforts of walking as well as being safe.

### **What equipment do I get for my safety when walking?**

When walking outside you should always have safety gear on. This will protect you while you walk. You may want to purchase a helmet. By using a helmet, you will protect your head against injuries in case you fall and hit your head. You will need a good pair of shoes. The shoes should fit comfortably when you are walking. This will bring you added success.

If you walk at dusk to dark you may want to get some reflectors so that the oncoming cars can see you, they are available for your cloths as well as your shoes.

### **Where would one go to get the right safety gear?**

When it comes to getting your safety gear, you might want to shop around somewhat to make sure you get the right things that make you feel comfortable. If you are not going to be comfortable then you won't be very successful at walking and will not want to do it on a daily basis.

You can go to your local stores in your area, like maybe a sporting store they should have what you need. Maybe you have a Wal-Mart in your area. They also have a good sporting area in the store.

If for any chance you still do not get what you want or need you can go on the Internet and find what you need. The Internet offers many sporting items, including walking equipment. Walking fitness is a top priority today, since millions of people are finding ways to reduce heart disease, obesity, diabetes and so on. These diseases are claiming lives each day, so get ahead and do your walking fitness today. When walking to fitness make, sure you have the right equipment.

## **Equipment in Walking Fitness**

Most of us know that when riding a bike we have to wear equipment to keep us safe. Did you know that at what time you walk you still need to wear safety equipment? Why is that? Safety is number one. When you put safety first, you take care not to injure you.

What equipment do I need to consider when walking to fitness?

Equipment is needed for all safety purposes. When walking, biking, hiking, running and so on you need safety equipment to protect you. The safety equipment is to keep you safe. If a car swerves off the road by accident, you want the proper equipment to protect you. When you are walking, you might trip. If you do not have proper equipment, the fall could cause serious injury. You can avoid falls however by purchasing comfortable fitting shoes for walking.

### **What equipment do I need to stay safe?**

Some things that you may need to wear to keep you safe while walking would be a helmet, knee pads, elbow pads, you may want to get a real good pair of Tennis shoes also.

You don't want to wear anything that might make it hard for you to hear a car or a truck in case you walk out in front of it. If you have something over your ears you won't be able to hear nothing and that isn't good for you. Refrain from using head sets in less you can keep it down to a low volume that way you can still hear the cars if needed to. Some people in the probation department recommends that walkers and joggers avoid wearing earphones or headsets.

### **Where might I go to get the equipment to keep me safe while walking?**

Many sport stores, department stores, malls and so on sell walking fitness equipment. Wal-Mart is a great place to shop for walking fitness equipment. If you do not like what they have in their store, you might want to try a sporting store. They should have everything you would need to make walking safe for you. You may also want to check out the Internet to see what they can offer you online. You can go to many web sites. The Internet has many items available. You have advantages when shopping online, since you can download coupons and promotional codes to save money. You can also find discounts and sales on walking fitness products. In addition, you have available walking fitness equipment and machines that prompt you to walk to good health.

Remember that walking is good for you. Exercising is a great way to stay healthy. In order to stay healthy you have to eat right. This goes hand and hand with trying to stay healthy. Therefore, the three main ways to get and stay healthy is to eat right, exercise daily, as well as maintain a stress free life. If you need to learn about safety, check out the classes available to you. Classes are available online as well.

You can also buy other equipment to keep you safe when walking there is many different things that you can get. This will help you to stay safe while you are exercising. In addition, you may want to purchase a record book to help you keep up with your walking plans.

If you walk 15 minutes each day for one week, record it in your book and set a schedule to walk one half hour the next week.

You are not walking a marathon so keep your schedule within your means; otherwise, you may tire out from walking. If you find it, difficult to walk to fitness perhaps you would benefit from a program.

## **Programs in Walking Fitness**

You can invest money in walking fitness programs. The programs are designed to teach you to walk while upholding safety. In addition, the programs help you to continue exercise rather than ceasing. Sometimes when a person walks, alone they may cease walking. The emotions get in the way and lead them to giving up. Walking programs inspire you because you have socialization as well as a routine schedule.

If you feel that programs are not for you, keep in mind that walking fitness is affordable and often safe. Walking is a kind of aerobic workout that helps you to burn fat and calories. Walking helps by promoting healthy hearts while strengthen and toning the muscles. Walking will reduce stress. This workout helps those with lower back pain. At what time you first starting walking after being inactive you may feel pain, yet in time that pain will slow. Walking will help fight pain caused from arthritis, osteoporosis and so on. If you have diabetes, walking will help you fight the disease. The workout helps enhance respiratory, which reduces such problems. Walking is also a great rehabilitation to the heart, since it is a cardio workout.

### **How do I get started:**

It depends on you and how much activity you had in your life. If you were, accustom to being a couch potato you want to start out at a slow pace. Walk for around ten minutes each day until you feel you can increase your activity up to fifteen minutes. You can use the ten-minute scheme until you feel that it is not enough. The goal is to work up to seven days of walking. This walking fitness scheme will improve your health. Keep it on a down low and gradually work into a moderate workout. Do not push you to do more than you can do. Most people give up workouts after pushing self. You want to work with your body. Your body will tell you how much it can tolerate. Listen carefully to your body and you will walk to fitness without giving up.

### **How do I build energy to walk:**

Motivation is the key that unlocks the door to energy. When you are motivated it will take you there and beyond. In the beginning, your walk routine will benefit if you set goals. Get out a calendar and start making a record. Starting now, say I plan to walk at least ten minutes, three days per week. Next week I intend to walk ten minutes, four days per week. Following, I intend to walk five days at ten minutes on the third week. On the fourth week I plan to walk fifteen minutes if my body will allow 3 days each week and walk at least ten minutes the last four days. The follow month I plan to walk fifteen minutes if my body will allow, walking six days per week. Continue to increase if your body allows. At the end of the month, say I intend to lose 3-5 pounds by using my walking fitness program. Of course, you can make your own schedule and plans.

As you set plans, make sure that you include a time schedule. Plan your time wisely. For instance, each day set a daily goal to achieve. For example, at 7 a.m., I intend to walk ten minutes each day.

At 7 a.m., act on the time you set and walk. If you need to adjust your time to suit your schedule, you have this option. Don't let rain, snow or poor weather get in your way. If the weather is bad, walk indoor, walking in place. Making time for walking fitness will help to improve your health.

## **Making Time in Walking Fitness**

When you make time for walking fitness, it helps you to maintain motivation and energy. Walking fitness is a program that helps you fight pain, heart disease, arthritic symptoms and so on. Walking fitness assists those with life-threatening disease, such as diabetes, helping them to stay fit and live longer. Walking in short is a way to save your life. Walking is often safe. In most instances, you can walk around your neighborhood, feeling safe as you reach your goals in walking fitness. A friendly word however, is that you should avoid wearing earmuffs, earphones or headphones while walking, jogging etc. The equipment will block your ability to hear as well as lower your observation abilities. This could put you at risk.

Once you set up your walking fitness schedule, you want to make time for you to uphold your schedule. You need a time plan schedule. For instance, if you can walk each morning at 8 a.m. then set your schedule at this time. Each day execute your plans so that you reach your goals. Speaking of goals, don't forget to create a log. Use the log to set goals. For instance, if you intend to lose 2-3 pounds in three weeks, make plans to reach your goals and insert a time that you intend to accomplish this goal.

### **How to record your walking fitness:**

Once you set goals, make plans and time for walking fitness you want to record your accomplishments, setbacks and so on. Each day record in your log the time you started walking and the time you finished. If you do not have a watch, pick up a cheap sports watch at any store that sells watches. Most watches today have timers included regardless of what they cost. If you want to keep accurate logs, use the timer. Set the timer a couple of seconds before you start walking.

### **How do I start a schedule:**

Some people work on a spontaneous schedule well. You want to consider the person type you are. After you decide your type, consider your work, family and so on. Find time for you during the day to walk to fitness. If you need to, walk a few minutes in the morning and another few minutes in the evening. As long as you are walking, any schedule will benefit you.

### **How do I lose weight faster?**

If you set a schedule to walk ten minutes daily each week and after you start you feel like you can do more, increase your time. Fifteen minutes will help you lose weight faster than walking ten minutes each day. Don't overdo it however, since you will tire out and lose motivation. Instead, work with your body. If your body tells you it can increase walking time, then listen to your body. Keep your log at your side. Each time you accomplish your goals, record those accomplishments. In fact, you can keep a log on those accomplishments and use them as an inspiring tool. Each day look back over what you accomplished. Let that accomplishment set you free and inspire you to lose the weight you set in your plans.



**How do I set goals:**

Goals help you to feel motivated, since it gives you an inner reliance sensation, which comes from knowing your direction and purpose in life. Goals follow plans that you set to accomplish something at a reasonable time. For example, in 30 days I plan to lose 5 pounds. Write a plan that outlines the method you will use to lose those pounds. Once you have your plans and goal set, follow up with action. Take action each day to lose 5 pounds in 30 days. When you start your walking fitness program consider proper shoes to protect your feet and you.

## **Proper Shoes in Walking Fitness**

What you wear influences the time you will spend walking. For instance, if you wear uncomfortable shoes while walking, likely you will not feel like walking at all in time. If something is causing you pain, the first thing your mind will say, "I don't want to do this anymore." You can turn this around by considering proper shoes while walking to fitness.

### **How to choose shoes:**

Footwear today gives you many options. Today we have shoes to fit wide-feet, narrow feet, long, short and so on. No matter what foot type you have you will find shoes for you.

### **How do I find proper footwear?**

Going online is one choice. However, it is recommended that you visit stores that sell shoes. At the stores, you can try on the shoes. This gives you the advantage of testing the product before purchasing. If the shoes feel uncomfortable, you can try on another pair. Purchasing on the Internet does not give you this option. In addition, purchasing shoes online will delay your walking schedule since you will have to wait for shipment. You may want to visit sport stores, Pay Less Shoes or other similar departments to find the shoes that make you feel comfortable and offer you support.

### **How do I consider what type of shoe is right for me?**

You want to consider your foot type. If you have conditions that cause pain, you want to consider this also. Walking shoes should be cushion-filled. The shoes should offer you support. Some of the better type of shoes to consider if you are new to workout or walking is the trainer shoes. If you cannot find shoes that offer you the cushion you desire to feel comfortable, purchase sports socks to increase the cushion, especially if you like the shoes. Some of the leading companies that added additional cushion to their shoes are Clarks. Rockport increased cushion in their shoes as well. Walking fitness suggestions are available online.

## **Walking Fitness Suggestions**

Today one of the best ways to get your exercise is to walk. Walking is very good for you. It will help you to get the right amount of blood to your heart and your brain. Walking reduces your risks of disease, such as heart attacks or strokes. It can be used to help maintain your weight or even help you lose some weight. Walking fitness opens many doors, since you have options.

Treadmills, speed walking, which is almost a jog, walking in one spot are some options you have. If you cannot walk outdoors for health reasons, walk indoors. The market sells many machines to help you to walk. You have gyms, walking fitness centers and group clubs as options also.

### **How to put those feet to walking:**

You first need to decide if you want to walk outside or indoors.

Then you need to figure out how you want to walk. Do you prefer machines or just common walking? It's your choice but either way it will benefit you.

Places such as the curves have everything you need to work out; you can join this organization by paying monthly or the yearly rate.

The club is designed to let you work out when you want at your own time. It is a good way to get in shape. As well, you are safe.

They have a great support team as well, so when you are not feeling the greatest for whatever reason they will help you to lift up your spirits and hope. You will be able to go on. Once you have decided, you need to then get your equipment for walking.

### **How would I go get my equipment?**

You have many options also when it comes to purchasing equipment.

You can go to your local sport store as well as your Wal-Mart. They have a wonderful sporting area too. Sports stores often have what you need.

Some of the things you want to think about are getting a good pair of walking shoes. You want shoes that support your feet and provide you comfort. The shoes will help you to keep your feet from hurting and when your feet don't hurt you have the energy to do more.

A good helmet is ideal if you are going to be walking outside. The helmet will keep your head from possible head injuries if something may happen to you. Falls, car accidents, abuse are just to name a few reasons responsible for head injuries.

Kneepads are great for protecting the knees against injury. If you should fall, or bend the knees inappropriate by stepping in a hole accidentally the kneepads will protect you.

If you plan on, walking from dusk to dark you may want to get some night reflectors. The reflectors will help oncoming traffic as well as other people walking to spot you.

You may not want to wear headsets so that you can listen to music if you are walking outside. Keep in mind however that headsets will lower your observation and ability to hear. Headsets are recommended more so for indoor walking. Still, many walkers use headsets. When you have headsets on however, you wouldn't be able to hear if something was to come behind you.

For your safety you should try to get someone to walk with you, you never know what could happen to you. If you are unable to get someone to walk with you, then you should carry a cell phone so that you can call someone if needed. The key to successful walking fitness is staying safe. You have many products to consider in walking fitness.

### **Products in Walking Fitness**

Many people do not exercise. Failure to exercise is not good for your health. We need to learn how to exercise more as well as eat right. Most forms of exercise are good for you on a regular basis.

One of the best exercises you can do is to walk. Walking gives you options. You can speed walk if you are on the advanced level, or you can start a beginners program. Speed walking takes you almost to a run. Brisk walking is good for those who have walked past the beginners stage.

If you feel uncomfortable walking outdoors, you can use treadmills indoors. At the beginning, you want to walk at a low pace. Work your body up to a distant goal gradually. Set your goals so that it is not far-reaching.

### **Choosing proper gear when walking:**

Safety is the key focus in anything you do in life. Putting safety first will protect you. Safety is involved in walking. When you walk outdoors, you have to consider crime, accidents, incidents, and so on. When you consider these details, you will see that safety involves proper gear.

Walking outdoors should prompt you to consider helmets, kneepads, elbow pads, footwear and so on. You might want to purchase night reflectors if you walk at night. Something that you don't want to use while walking is a set of headphones. Headphones put you at risk, since it lowers observation and hearing skills.

### **How to find proper gear:**

When shopping for the right equipment you want to consider the source and what it can offer you. In addition, you want to consider products sold that meets your budget. Purchasing costly products is not a way to reduce stress. Walking fitness reduces stress, yet if you step over your boundaries, stress will increase. How to find proper gear is up to you, but you have the option of visiting the Internet, department stores, sport stores and so on. Shoes are best purchased at stores where you have the option of trying on the footwear. Look for support, comfort, cushions and so on when considering walking fitness shoes.

### **Choosing the walking program right for you:**

When it comes to exercise, you may want to check with your family doctor. No doctor in his or her right mind will discourage you. However, your doctor can help you set up a plan and goal that suits you.

### **How do I set up a schedule:**

If you are not familiar with walking fitness schedules check out the materials online or at your library that offer you self-help. The materials can direct you. You will find materials at local health stores, bookstores, libraries and so on. Most areas have books, videos,

audio and other materials to help you train in walking fitness. Online you will find a variety of free articles that help you walk to fitness. The articles are written by scores of authors worldwide, hired in by companies. These authors research, the authors may test and even workout themselves in some instances to provide you helpful materials to walking fitness.

You may want to get involved in a support group. When you are feeling down and lonely, they can help you to go that extra mile.

Support groups are great to use in times when you do not think you can go any more. Check your local area to find the support group that offers you the motivation you need to walk to fitness. You have many options available to you. The best thing you can do however is get, started walking to fitness now. Walking seven days each week will help you feel fit.

## **Seven Days in Walking Fitness**

Are you prepared to set up a walking fitness program that helps you to lose weight, feel healthier and live a longer life? Perhaps you spend a lifetime at a computer desk and now those muscles are aching from stiffness. Lack of exercise causes stiff joints and muscles, which increases your risk of arthritis, osteoporosis, heart disease, osteomyelitis, rheumatoid, and so on. When you fail to exercise, you are at risk of diabetes, weight gain and so on.

It is not too late. Just because you spent most of your time sitting or watching television doesn't mean that you are doomed to disease. You can start walking fitness now to reduce your risks of such conditions. Walking fitness programs, include the seven-day schedule. In this program, you need a log, schedule, time plan, goal and the will to get started. Walking fitness is affordable. Walking is a low-risk program. Walking is gaining rather than losing. When you gain you often, feel a sense of accomplishment, which guides you to continue your goal to fitness.

### **Here is what you gain:**

You lose weight. Your health improves. You lower the risks of heart disease, diabetes, high blood pressure, high cholesterol, strokes, arthritic symptoms and so on. You gain life expectancy.

### **How it works:**

Walking fitness works when you get started. You want to start out with a low key or impact workout. First, warm up the muscles and joints. Start by stretching each day before you walk to fitness. Stretching will relax the muscles, tone them and strengthen the joints promoting flexibility. Warm-ups assist you to reach peak performance. When the joints are flexible and the muscles are tone, you reduce the risks of injuries.

### **How do I warm up?**

Start walking at a snail's pace. Walk as you normally do each day. For the first, few minutes continue your pace and slowly work up to a brisk pace.

### **What do warm-ups do for me?**

Warm-ups instruct the body to get ready for action. When you warm up the heart rate increases, as well your rate of breathing enhances. Warm-ups frees up the blood so that you have good circulation. When you warm up, you lubricate the muscles and joints since the body temperature elevates. Warm-ups help you to stay in control, since you reduce the odds of injuries. At what time you work those muscles and joints, you free up blood, which flows naturally throughout your system. This means that oxygen increases, insulin pumps and so on. You feel good when you stretch since it reduces pain. At what time the blood flows naturally, your mind benefits. When your mind works properly your awareness is prompt, your motivation soars and your mood are set to win in the game of life.

Once you have warmed up start your walking fitness schedule. Again, walk for a few minutes before picking up pace. After you have finished workout, cool-down and allow the muscles and joints to relax.

### **How do I cool-down?**

Cool-downs are similar to warm-ups. At the finish of your walk, gradually slow down to a normal walk. Your heart rate will start to return to its natural pump. Cool-down and warm-ups help you to avoid muscle cramps, rigidity and tenderness. Your muscles and joints will relax. In addition, cool-downs enforce blood flow. This means that the lactic acids that build up during the day or workouts will disperse into the liver. As it disperses you, reduce your risks of rigidity, cramps and tenderness.

Now that you have a start in walking fitness, learn more about setting goals and plans to help you accomplish your seven-day mission. Walking fitness is a great way to lose weight and stay healthy, yet night walkers must adhere to a different routine.



## **Night Walkers in Walking Fitness**

When walking at night you want to consider a few details. Many people like to walk at night, since they start work in the early mornings. Night walkers have the advantage of enjoying exercise despite that they work early. In addition, night workers enjoy cooler atmospheres in the summer months.

Walking at night however requires increased safety. Night walking could become dangerous. Therefore, you need to be careful when walking at night as well as the daytime. During night walks, you want to walk in neighborhoods where risks are low. Learn about your neighborhood and which areas are safest for you to walk. You may want to take someone along with you. Prowlers or criminals are less likely to attack pairs or groups. Walking is a great exercise, yet you want to put safety first.

### **Walking Fitness:**

Walking is good for you. It helps you to get the right amount of exercise that your body needs. It can help you by reducing risks of heart attack and strokes. Walking promotes blood helping it to pump through your veins. Walking cuts back your risks of medical problems and increases blood flow to the brain.

Maybe you just want to maintain your weight. Walking will help you to lose weight. Walking and a good diet will increase your chances of losing weight.

### **Choosing walking fitness:**

Treadmills are a great way to start a walking fitness program indoors. You also have the option of using Power-Belts to walk indoors. This will allow you to walk in the comforts of your home or in a safe place.

You can walk at your own speed. You can visit the gym if you prefer company while walking. The gym often has many machines for you to use. Gyms usually charge low monthly or yearly rates allowing you to walk or workout when you want.

Some areas have curve teams. The teams are great resources. Women are encouraged to join curve teams, since it allows them to workout using equipment that benefits and supports all. You could also enjoy trail walking, especially if you enjoy nature. Keep in mind however that you are walking at night. Trail walking at night may not be a good choice. Consider at your own risk yet keep safety in mind.

### **How to choose night walker equipment:**

Night walkers should wear clothes or reflectors to protect them and reduce the risks of danger. If you are walking at night, you might want to get a headlamp. This light fits on your head so that you can be seen. It fits right over your helmet. Helmets are safety tools, since it prevents you from injuring the brain. You want to keep in mind that we all are subject to accidents, incidents, violence, and falls. Staying safe is the key to walking to successful fitness. You need a good pair of shoes as well.

There is a good sporting area in "Wal-Mart" as well. The store often sells anything that you need. Still, when you consider walking fitness and equipment you want to start searching for the products that protect you while walking at night. Go online to find information. Online you will find free articles and materials that assist you with choosing the proper attire while walking at night. Again, safety is the top priority. When you put safety first, you protect you.

Night walkers should consider the time they walk as well. Never walk before bedtime.

Walking inspires energy. When energy is inspired, you may find it difficult to rest peacefully. Try walking 1 to two hours before bedtime. Exercise and walking fitness go hand in hand so keep up the good work.

## **Exercise and Walking Fitness**

Walking fitness and exercise go hand in hand. When you exercise in walking fitness, you take action by fighting disease. Walking is an aerobic workout that helps to lower blood pressure. When the pressure is low, it keeps the blood pumping smoothly. Walking fitness programs help to lower LDL levels, which keep cholesterol in bay. When LDL levels are high, it leads to high cholesterol, which affects the health dramatically.

When you walk it tones and strengthens the muscles. The workout will strengthen the bones and joints as well. When you exercise and walk to fitness you take the steps to enhance your health. In addition, walking fitness and exercise will help you lose weight.

### **How should I start?**

Start out with the low scale workout. Walk normal at first until you feel a need to pick up pace. Gradually walk into a brisk movement and after you finish your time limit, slowly cool down by reducing your walk to normal pace. Intense exercise should be worked into. If you intend to strength train do your walking fitness program first until you build strength.

### **What is walking fitness?**

Walking fitness is a program either you set up or else you join a team of walkers. The programs include the seven-day workouts. In this program, you use a log to record your progress, feelings, plans, goals, schedule and so on. The goal is to start walking each day for at least ten minutes. The goal includes a short-term goal, which you work your way up to walking at least 20 minutes each day.

You can join a team of walkers if you feel you cannot adhere to your own plans. Joining team will inspire you, since you will feel a need to keep up. In most teams you have beginners, moderate and advanced walkers. Start in the beginners program and work to moderate, especially if you are not use to exercise. Overexerting your body will only wear you down. Overexertion is the common reason why most people cease exercise and walking to fitness.

If you decide that you can walk on your own, move in slow and work up to brisk walks. Brisk walks are great for reducing health conditions or potentials, such as heart disease. One of the top killers in American is the well-known heart attack or strokes. Brisk walks will shrink your chance of heart attack up to 50%. In addition, brisk walks will reduce the risks of diabetes, strokes, high cholesterol, high blood and so on.

### **Where do I walk if I intend to walk to fitness alone?**

You have many choices, which include trail walks. Trail walks are nice since it puts you in touch with nature. You can also walk to the grocery store, walk to a distance friend's house or walk to your local stores. If you are beginning walk a few blocks to the store and pick up a loaf of bread instead of driving.

Of course, you do not want to walk to the store each day, so choose an area in your neighborhood, such as the park and walk to it each day. The park is nice since it too puts you in front of nature. It is always nice to walk where wildlife roams and beautiful scenery surrounds the environment. Walk during sunny days since you will not only enjoy nature you will enjoy the benefits of getting Vitamin D from the sun. Walking fitness is a hot topic nowadays since our country is battling obesity, heart disease, strokes, diabetes, arthritis and much more. Get started in your walking fitness program today. Fatigue is eliminated when you walk to fitness.

## **Fatigue and Walking Fitness**

More than 20% of the United States American Citizens suffer from sleep disorders. One of the leading causes is lack of exercise, poor habits and confused diets. For this reason walking fitness, programs are opening the doors encouraging our citizens to walk to fitness. Walking fitness reduces stress, which is one of the leading causes why people battle sleeping disorders.

Sleep disorders are responsible for increasing risks of heart attacks. The disorders are partially responsible also for strokes. Anxiety and stress disorders emerge from sleep disorders as well. When you do not have proper rest, it causes the mind to feel confused. Your observation, senses and so on are affected when you do not get proper rest. To minimize sleep problems or disorders you can workout. Include in your workout walking fitness.

As we grow older, our sleep patterns change as well as our health. You can do something now to slow this process. Walking fitness is a great way to keep aging progression low.

### **Women in America:**

Women in America have a higher risk of insomnia than men. According to reports more than 65%, Americans have problems falling asleep each night. Of this count, more than 40% are women. On this note, women are prone to high blood pressure, obesity, sleep disorders and so on. Sleep disorders, strokes and heart disease are common as well.

### **Physiology conditions:**

Sleep disorder affects the overall health. Walking fitness is a way that you can reduce the risks that sleep disorders puts on you. When you lose sleep, you often feel stressed. Stress is the cause behind lack of sleep that leads to major medical and mental illnesses. You can stop the pain, snoring, restless leg syndrome and more by walking to fitness today.

Sleep disorders can lead to depression as well. Depression is a body and mind killer. When you feel depressed the body and mind is deprived of activities, socializing, nutrition and so on. Avoid depriving your body and mind by avoiding depression. Walk to fitness.

When you start walking to fitness, you will feel a need to avoid the things that affect your health in a negative way. You may feel a need to avoid nicotine, alcohol, caffeine and so on. You will not feel a need to consume caffeine as much, since exercise and walking fitness boosts metabolism, which is your energy source.

Alcohol, caffeine and nicotine will affect your sleep. You may want to avoid these harmful chemicals and substances before bedtime. Once you start walking to fitness perhaps, you will feel a need to avoid harmful chemicals and substances.

**Statistical Details in Walking Fitness:**

More than half of the United States citizens do not exercise. Over one quarter of these, citizens are adults that do not workout. Around 20% are students in high school. These students stay active 20 minutes each day. Studies show that more men are active. In addition, as we age activities start to cease. According to reports, minorities do not exercise or stay active as much as other citizens in America. In the studies, it was found that those seeking higher degree or education, as well as those who make substantial income join in more activities than those who do not have the same lifestyle. Furthermore, people with weight problems do not exercise or join activities as much as those who are not overweight.

Due to these statistics, the soaring statistics on heart disease and other disease is increasing. Do something about it now. Instead of sitting on that couch watching television, get up and walk to fitness. Imaging how the statistic reading would read if only each of us walked to fitness each day. Can you say ZERO!

Hiking in walking fitness is a great way to enjoy nature.

## **Hiking in Walking Fitness**

Some places that you might want to walk are up to you. However, there are good places to walk if you are tired of walking down the same path.

Why not try some hiking or even trail walking instead. This is good for you. Using treadmills in walking fitness is another great way to improve health. Some of us may enjoy walking trails instead of treadmills. In addition, some of us prefer to walk along trails rather than down the street. Walking along trails makes one appreciate the great outdoors. As you move along you enjoy wildlife, scenery and more. When you enjoy nature, you put aside stress, which affects your health. Instead of dwelling on the negative, you put positive in action. The wooded areas often have beautiful pathways for you to enjoy. Most towns have trails that people use all the time to walk or ride their horses.

### **How to find trails to walk:**

If you are not able to find a trail in your town that you know of, you can always talk to someone at the city hall or even maybe go to your local library. They might know of some trails that you can walk.

### **Should I consider safety when walking to fitness down trails?**

Yes, you should consider safety. Most parks or trails are safe to walk since it is run by the city. Still need to be careful when walking down trails. Trails often have wildlife, including snakes or other dangerous wildlife critters. Keep in mind however that most snakes will not harm you unless you make them feel threaten. Still, you want to consider safety to avoid problems.

### **How to choose equipment for trail walking:**

There are some things that you need on trail walks. If you are trail walking you don't need to worry about headlamps. A walking stick is optional. Walking sticks should be considered. The sticks are designed to protect you against potential dangers imposed by wildlife, such as snakes.

You might want to wear hiking shoes. Perhaps a comfortable pair of hiking boots. Wear something thicker than tennis shoes. If you step on a sharp object, it will protect your feet. As well, if something was to bite you, such as a snake you will have protection. A hat to keep the hot sun off your head is a good ideal. The hat will help to stop you from possible heat stroke. Some sun block if you are planning being out in the sun too long is another great ideal.

Walking the trails are good source of getting vitamin D, which you get from the sunrays and we all need vitamin D to keep us strong and healthy.

### **How do I find trail walking equipment?**

Any department stores usually sell hiking equipment. You can find hiking goods at sports stores, or online. The walking sticks you would have to likely order them. Sometimes you

can find walking sticks at your local mall. On the other hand, maybe a family member has one you can borrow. You can make your own walking stick to save money. Use some wood, preferably the strong tree limbs. Cut off the bark and treat it with something to keep it nice and strong.

You can go online to find hiking goods for walking fitness. Nowadays technology has made it possible to find anything you need online. Stores online often link you to other distributors, stores and so on. Use the links to find what you need. You can also conduct a random search. Go to the Search Engine and type in the keyword “hiking equipment” and you will be linked to scores of sites that have what you are searching for. A treadmill is a great walking fitness tool.



## **Treadmills in Walking Fitness**

Some people prefer to use treadmills when walking to fitness. Some people live in harsh neighborhoods making it difficult for them to enjoy walking around the area. Some people have poor health, which prevents them from walking outdoors. Perhaps these people are allergic to grass, hay and so on. Treadmills enable these people to enjoy walking fitness indoors while watching their heart rate. Perhaps these people have a medical condition, which requires that they watch their heart rate constantly. A treadmill is a great tool for these people, since most machines have heart rate tools that enable them to test each day.

### **Why is walking fitness important?**

Walking is important to your health. It is beneficial for people that have heart disease or other medical conditions. Walking is physically good for the heart as well as the lungs and your circulatory system. Walking helps you by allowing you to work your muscle. The muscle will tone and strengthen as you are burning off those calories. What a great way to stay health.

### **How would a beginner start?**

When you are just starting you, have to begin slow and work your self up to where you want to be. Treadmills can help you do this. You can set your own speed and work your self up to where you want to be. A treadmill is better for your joints, knees and hips. If you are comfortable, you will be able to walk better. With a treadmill, you can watch TV and even talk on the phone. What a way to work out.

### **How do I find affordable treadmills?**

You can go to any place that sells exercise equipment. They have stores in the mall that you can go and try out what you might buy. The market has many types of treadmills to choose from. Perhaps to save money you can check your local newspapers. Sometimes you will find treadmills that other people do not want. Yard sales are another great area to search for affordable treadmills. Look for ads in your local grocery stores also. Most grocery stores have ads posted on boards for everyone to see. Perhaps your neighbor has a treadmill and is ready to sell it. You can also ask friends and neighbors who own treadmills if you can use it.

Remember if you have a medical problem then you might want to check with your family doctor to make sure that you are up to walking on a treadmill. Once your doctor approves you, can start searching for a treadmill in your area, or go online to find web sites that sell treadmills. Sometimes you can find stores that finance exercise equipment offering you low payments monthly to take ownership of the equipment.

If for some reason you are unable to get a treadmill, you can go to your local gym and use their machines for a low monthly or yearly rate. Pay annual fees to get better deals, or search for advertisements in your area gyms. Sometimes gyms offer low monthly payments to members.

The gyms have personal trainers that can help you with what ever you need help with and to give you support. Christmas is over so this is a great time to join walking fitness programs to lose those extra holiday pounds.

Walking fitness programs are available; yet if you have allergies and health conditions that keep you at home. Talk to your doctor to learn more about fitness. Perhaps your doctor can give you some ideas in walking fitness at home. To learn more about walking fitness you can visit the Internet also. Do you feel inspired?

## **Inspiration in Walking Fitness**

If you keep track of your walking fitness program, it would inspire you to continue reaching your goals. Each step you track you can advise your plans along the way to reach for higher goals. For instance, if you've set up a 15,000-step goal, per say you set the limit for 30 days, after these 30 days you could up your goal. Set the goal to step 30,000 the next month. By this time if you've walked each day it would be easier for you to walk to fitness.

Walking fitness is great. You have a complete aerobic workout in a few steps daily. One thing you want to do however is to keep records of your blood pressure, heart rate and so on. Use the metrics to monitor your health. Once you see improvement, you will find inspiration from your walking fitness program.

### **How to benefit from walking fitness:**

As mentioned above when your health and progress improves you will feel inspired from the benefits. Daily, you want to record how many steps you took. If you took 200 steps this day, write it down. The next day try to walk 210. Add up your weekly steps so that you will feel inspiration to walk further the next week.

### **How to write charts:**

Use charts to record your progress. Charts are great tools that inspire you to work harder to fitness. Charts can include graphics, pies, linear and so on. Choose your chart and add up those steps to walking fitness. Make sure you keep your goals within reason.

### **How to set goals:**

Setting goals is easy for some of us, yet others find it difficult to set goals and uphold to its structure. To set goals that work for you, first you should decide what type of person you are. Do you function better as a spontaneous person? If so, learn more about right-brain people to help you set goals. Sometimes right-brain people create goals by devising images and words on note pads. Use note cards and draw charts of images that help you set goals. Left-brain people sometimes can set goals easier and work through them. The deal is you have to decide what works best for you.

Blog, Blog, Blog. Everyday you see Blogs on the Internet. Blogs is a place to record progress, complain, discuss problems with friends, and discuss new ideas with friends and so on. Learn how to Blog if you have a hard time writing goals.

If you are walking with a friend or family member, keep score. Monitor how much progress these people make each day. If they are doing well, stick with them and make walking fitness a challenge or competition. If your friend walks ½ mile each day, set goals to walk a mile.

### **How do I count calories and fat calories while walking to fitness?**

Online or at many stores you will find tools that help you to monitor calories, including fat calories. Biometrics is a type of monitor you may want to research.

At some stores you can find walking monitors, such as the biometrics for as little as \$1. Check the stores that help save people money. Go online and research the products to help you see what the monitors do for you. You can learn which types are better than others by scanning the reviews. If the product has a good review, then perhaps you want to consider this brand.

If you use a treadmill to walk, you have calorie and fat calorie Biometrics integrated into the machine. However, if you are enjoying nature, walking to fitness outdoors you will need a wrist biometric, belt or other type of monitor to help you count calories. Losing pounds is easy when you walk to fitness.

## **Losing Pounds in Walking Fitness**

When you want to walk to fitness to lose weight you have to set goals that work for you. You may want to learn some things before getting started. Walking is a good way to lose weight and is a great workout routine. To achieve your goal however, you must set up a goal and plans that help you to stick with your goal.

Walking is better for you than running. These days you see everyone walking instead of running, since the world has realized they can burn more calories, including fat calories by briskly walking. Some people speed walk, which is a brisk walk that works the muscles, toning them while the walker burns calories.

### **How would I start to walk to fitness?**

When you want to start walking, you need to set a goal. A goal is at what time you set an ending distance. For an example, you might want to set goals for one month. The goal is to walk one mile by the end of that month. Once you set your goals you can plan to achieve these goals.

### **Things you should know:**

When walking to fitness you should try to start out walking 2 miles per hour then slowly work up to four. To keep track of walking speed choose the walking step devices that you wear on your side. The devices keep track of all your steps and how fast you are going. What a great device to have when walking to fitness.

You should also know that overdoing it could discourage you. Instead of trying to walk a marathon at first, walk slow as you normally would. Slowly work into a brisk walk. Overdoing it can also cause damage. You may pull muscles, which causes serious pain. The pain may discourage you from wanting to walk again, so take it nice and slow.

Start the first week only walking about 25 minutes for five days and slowly go from there, during the second week walk for 25 minutes the first day and advance your speed, walking for about 2 minutes. Add one minute every week. Then maybe you can start walking up hills. This will help you to burn calories faster, which means you meet fitness sooner.

### **Hanging out and walking fitness:**

Instead of hanging out with your family and friends, on some days make it a walk day. Ask your family and friends to join you. Walking in pairs or groups is a great way to keep walking to fitness.

### **Driving to fitness:**

Instead of driving to pick up a newspaper, walk. Walk to the newsstand instead of having the paper delivered to your door each day. Perhaps you can extend your walk. Walk to park once a week with your children. They can have fun while you get a nice workout.

Most of us at work will call or send the E-mail to our partners. Instead of conducting and promoting laziness, get up, walk to your partners desk, and hand him or her the files. Instead of taking the lift or elevator, you can put those muscles and joints in action by climbing the stairs. Most of us will try to park close to our workplace. Instead of parking close to your office, park at the back of the lot and start walking each day to your office. What a great way to walk to fitness.

**Safety in walking fitness:**

Here are some safety things that you might want to know when walking. Remember when walking, to always walk areas to avoid oncoming traffic.

If you walk at night stay in the lighted areas and try to walk with a friend or family member. Predators usually sway away from attacking two or more people. Choosing safety equipment in walking fitness is ideal for anyone preparing to gear up for good health.

## **Choosing Safety Equipment in Walking Fitness**

### **Shoes:**

When walking to fitness you need shoes to protect your feet, heel, ankles, and knees. The shoes you wear makes a difference, since if the shoes are not comfortable and do not provide you support it will cause you distress. Distress could lead to inactivity, since you will feel reluctant to continue walking to fitness. The shoes you wear should provide you a comfortable fit. You want to look for cushion-packed shoes when walking to fitness. The shoes should also provide you support. To avoid falls you want shoes that will help you keep your balance while walking to fitness.

### **Reflectors:**

If you are a nightwalker, you want reflectors. Reflectors will help oncoming vehicles or bicyclists spot you while you are walking to fitness. Reflectors are available to fit on your hat, shoes, jacket, shirt and so on. Go online to review the various types of reflectors to protect you while walking to fitness.

### **Clothing:**

Walkers prefer loose fitting clothing when walking to fitness. Tight jeans and shirts will cause you to sweat heavy. As well, tight clothing will make you feel uncomfortable. Online you will find walker shorts; sweats and other products to help you feel relaxed while walking to fitness. If you walk at night, choose the walkers clothing that provides you safety, such as those with reflecting tints or objects. The reflector clothing will help oncoming traffic see you was you walk to fitness.

### **Step to the Counter:**

Step counters are instruments that help you keep track of your steps. Step counters help you to keep track of your pace and steps taking while walking.

Surely, this is not safety walkers equipment, yet it is something that will inspire you to reach your goals while walking to fitness.

### **Helmet:**

Don't be the dummy on television that forgets his helmet and finds that crashing without it hurts. When you walk, especially if you are in speed walking programs, marathons, or briskly walking you should wear a helmet. Studies show that more people suffer brain injuries and of the injuries, reported most are minor. Yet, experts found that minor head injuries could lead to long-term disability or death.

### **Assistive Listening Tools:**

Some of us have a hard time hearing others. Sometime background noise causes us to feel confused and irritated. Assistive Listening tools are devices that assist us with focusing on one object or person at a time. We can use these tools with hearing aides to enhance observation, focus and so on. When our hearing is impaired, it affects our observation, which puts us in danger.

Hikers, trailers or similar walkers should consider torch, day sacks, compass, map, food, drinks, first aid, whistle and other items that protect them. Trail walkers and hikers should take along waterproof clothing, including warm clothing to protect them in harsh weather. Let's face it, the weatherman has proven they man can't always predict weather. You should carry supportive shoes or boots also. Carry hat, mittens or gloves to keep warm in harsh weather.

**Children and pets:**

If you take your children or pets on walks take care not to overload them. Children and pets tire out quicker than adults in most instances do. Walk a short distance and plan the same goal each day if you intend to take your pets and children on walks.

Walking fitness includes safety and equipment. Be sure to research information to help you stay safe while you are walking to fitness. Online you will find many available resources that help you to stay safe or guide you to safety. Use tips and hints to your advantage. Learn walking fitness and why it helps you.



## **Walking Fitness and why it helps you**

At one time in our life, we all have said we are going on a diet. We have good intents sometimes, but we have an inner source that holds us back. We often make excuses to avoid walking to fitness.

The weather outside is one of the excuses we may use to avoid improving our health. The weather should never stop us however, since we have many alternatives when it comes to walking fitness.

We may say, "I've had a bad day at work," so we do not do what we are supposed to do. Then we just stop all together. What's the purpose?

Some of us say, "I don't have the energy." This is an excuse, which keeps your energy down. When you walk or exercise it boosts energy and even if you feel fatigue before you walk, you will feel energized when you done if you walk.

We are all guilty of it. Especially around the holidays, we may say, after Christmas I plan to make my New Years Resolution to take action, but it does not happen. We start out with those good intentions, yet the intentions we have fall into the dark chambers of our mind. We need to take steps on how to make it happen as well as doing what is right for your health.

### **How walking helps you:**

Walking is very good for you and your health. If you plan to walk each day, you cut back your chances of disease. Walking will help you to breath easier; help keep you from having strokes as well as heart attacks. In addition, walking helps to tone those muscles, strengthening them so that the joints are flexible, which cuts back the risks of arthritic conditions?

Walking is one of the best ways to exercise. Studies show that walking is better than running, jogging and so on.

### **How do I start to walk?**

At first, you do not want to walk fast. Walking fast may cause pain. Starting out, you want to walk slowly to reduce risks of pulling muscles. Strained muscles and joints cause aches and pain. If you hurt yourself by walking fast at first it could discourage you from wanting to walk again. You lose interest.

Beginners should take time to build up walking skills. The excuses should be checked so that you can maintain a schedule. Start slow and work up to walking several times each week. Start walking 3 or four days each week and gradually work up to five or six.

**Here are some things that you might want to know when walking?**

Safety is the first thing you want to consider when walking to fitness. You should take the time to learn what you should wear, especially when walking at night. Avoid wearing dark clothing while walking at night. Wear clothing reflectors to help oncoming traffic avoid hitting you. Wear proper shoes that support your feet and provide you comfort while walking to fitness. If you walk at night, try to avoid walking alone. Take a friend, family member or your pet.

If you don't want to walk at night or if you live in the wrong part of town you can always get a treadmill. This will help keep you safe as well as make it comfortable for you for this reason you can walk in the comforts of your home and do what you want, like watch TV. In addition, a treadmill will help you to keep track of your heart rate, pulse, how many calories you burn, as well as your distance you walk. Do you have kids?

## **Kids in Walking Fitness Programs**

Today most kids want to just sit around, playing videos and lying on the couch these days. This is where they get their name couch potatoes.

This is a big problem for most of the children in the United States. Many of them are overweight because they don't get the proper exercise today they need to stay healthy. The issue is leading to medical problems for our younger people.

### **What should we do to help the children today?**

Today we should have more for the children to do. They should have safe hangouts as well as other kinds of groups that children should be able to enjoy activities. Children in some areas have too much time on their hands. The children have little to do, so they just hang out. Sometimes, the children get into trouble. Many children today just lay around missing the finer things in life.

We as parents should encourage activities instead of allowing them to lie around and play video games for 3 hours or more. Segment is the key. Instead of allowing them to play 3 hours of games each day, have them to walk 15 to 20 minutes between game play. Do not attempt to halt them abruptly since it could cause anger. Encourage your children to participate in sports at school.

### **How to encourage your children to walk to fitness:**

There are times we all run out of bread and milk and have to go to the store. This is a good way to get the kids off the couch. Have them to walk to the store for you. If the store were, one mile or so away, then obviously you wouldn't want them to walk. Use reason and common sense to encourage your children.

Children go to school. Instead of you as parents taking them back and forwards, ask them to walk. Walk with your children each morning to encourage them. That is a great start. There is so little for them to do that it is hard for kids to want to do anything, but lie around and play video games.

Perhaps you can work with the school. Ask them to start a program that involves walking fitness. When children have programs available to them, it will encourage them to participate. Parents can encourage children by joining them in outdoor activities. Walk to the park with your children. Join them in football, baseball or other sporting games. Have a picnic and start up a game plan. For example, the one who walks the furthest (within reason) gets an award.

In the past, children did not have the technology luxuries they have today. In the past, children played outside and enjoyed the sun and natural environment. Children would do chores, prepare for dinner and so on. Nowadays, children are running households in many instances. You are the parent and it is your duty to take control.

Back in the day, the kids were healthier. They were slim and trim but today many children are much overweight and have bad eating habits. FDA does not make it easier,

since they allow harmful chemicals into our meat products and other products that promote weight gain. You don't want to jump right in and change the whole lifestyle around but take it slow and you might get somewhere. Encourage your children by sectioning out activities, game time and so on. Start up your own walking fitness program. Ask your children to contact their friends to join you. Children when friends are invited will feel more like walking to fitness. Find your hope with walking fitness.

## **Finding Hope with Walking Fitness**

Many people that do not have hope today they just want to give up and let the world pass by. Well we can't do this, we have to live our lives for this is what we was put on this earth to do. Lying around and not doing anything about it isn't going to help the problems of today by no means go away. So why don't you get off those bottoms and start doing something about it. Today most of the people are overweight because of chemicals in our foods, but mostly because most people do not engage in activities to help them control weight gain.

### **What can I do to change the way I feel about exercising?**

Most of us do not like to exercise because we are lazy. Yes, I said that word lazy, it's true. We work and when we get home, all we want to do is lie around the house and do nothing but watch television or play games. This is bad for your health. You have to get up and get active. We have many ways to get started walking to fitness. Walking is the best thing for you and your health.

Here are some tips that might help you to get started. When you get off work instead of stopping off to the store to get milk or the paper go home, put on some comfortable cloths, and walk to the store. Once you finish, you will feel better. You will be able to notice how much better you feel when your energy starts to soar. When going to work drive like always but park at the end of the parking lot and walk near the door. What a way to start the day off. This will get you started in the right direction to want to walk.

### **Starting walking fitness:**

Once you start to walk you, will feel better about yourself, and want to keep on walking. We aren't saying that it's going to be a walk in the park but you can do it. The feeling that you get from exercise is going to be worth it all in the end. You will have so much energy you won't know what to do with it. Therefore, those days of sleeping on the couch after work are done with, you won't even think about it. You will want to do things like housework, working in the yard, maybe go, see a friend, and don't forget about your walk.

### **How far do I walk?**

Once you start a walking fitness program it will encourage you to set goals. You will soon learn how far to take your goals. Set up a program to walk 20-30 minutes each day. Walk slowly and move into a faster pace. This will be a great way to help you lose weight, as well as getting into shape. You will also notice how much better you are feeling and this will give you the hope that you need, as well as the want to, to finish what you have started.

### **Setting goals:**

Setting goals are easy for some of us. Some of us however find it difficult to set goals. To set goals that work for you; begin with what works best for you and go with it. For example, if you can only walk 10 minutes each day. Walk the ten minutes until you feel that you can walk further. If you find it difficult to write goals, learn "Mind-Set" and

work through your goals this way. Mind-Set is putting into your mind what you intend to do and taking action to do it. Finding more hope in walking fitness.

## **How does Walking Fitness Give me Hope**

When it comes to exercise who really wants to do it? We often say exercise is not for me. Stay at home people often regret going outside, especially to walk in snow and rain. To keep healthy however, we must exercise. Exercise has proven to lower risks of heart attacks, diabetes, strokes and so on.

## **How does exercise reduce risks of disease?**

Anytime you do something for yourself, it makes you feel better. It can make your self-esteem and confidence soar. It can give you energy as well. When you boost metabolism (Life-Sustenance) you improve health. The body is made up of neurons, the nervous system, cells, tissues, joints, cartilages, bones chemicals, substances, spinal and so on. When you exercise, it reduces your risks of disease, since you maintain healthy bones, joints and muscles. When the muscles, bones and joints feel stressed, it blocks cells, tissues, blood and so on from reaching the brain and spinal cord. This causes illnesses to start.

## **What do I have to do to begin?**

You are going to have to figure out what you want from your goals. These goals are to help you with the distance and the time it takes you to do it. You aren't going to want to walk too much at first. This will cause you to have aches and pains, which can discourage you from wanting to walk again. So, just take it nice and slow. Set reasonable goals for yourself. The first thing you will need however is the ambition or drive to take care of you. If you have a hard time walking to fitness, think heart disease, diabetes, high blood pressure, high cholesterol, or consider death. Do you want to die early? If you said no, good answer, yet if you want to live longer you must learn to walk to fitness. You are worth the steps you take to good health.

## **What should I wear?**

You do not need much of any thing to get started, a good pair of shoes and maybe some reflectors so that oncoming traffic can see you walking. The gear is for your protection.

## **What are the benefits in walking fitness?**

As mentioned earlier, walking fitness will improve your health both mentally and physically. Exercise is the best way to improve health. Movement helps the blood to your heart pump naturally. As well, blood will flow naturally to the brain. If the heart does not get proper blood flow, it can lead to heart attacks or strokes. Without proper blood flowing to the brain, it can lead to fatality or serious illnesses.

Walking fitness will also help you to lose weight or to maintain your weight. Walking fitness will assist with keeping your muscles tone. When you walk it is a great new beginning for you, since you will have energy to burn. You will feel so much better about you. It will give you the hope to go on another day. You can walk many different ways also. Walking will help you to abandon unwelcome stress. Stress can lead to heart attacks, strokes, diabetes, and various other diseases. When you keep stress at bay, it

helps you to control health. Even if you have a history of disease in the family, exercise such as walking fitness will help you improve your health by reducing risks of disease.

Walking fitness is a great way to live a healthier life. When you live healthy, you live longer. If you value your health, include walking fitness into your daily life. Learn more about walking fitness today. How does walking fitness improve self-esteem?



## **How Does Walking Fitness Improve Self Esteem?**

Self-esteem comes from within. When we are around negative people, abusive people or people who just bring us down it can lower the self-esteem. When we notice our self-esteem dropping, it is time to take action. If you walk it makes you feel good inside since the metabolism begins producing energy prompting good health. Any type of exercise will build your self-esteem.

### **How to build motivation to walking fitness:**

You will need motivation to start walking to fitness. Some of the tools you can use to build self-esteem and motivation is learning how to release the inner creative abilities inside you. Make walking fun. If you feel weighed down by walking, then ask a friend to join you. Walking in pairs often inspire you to improve health and self-esteem. Look deep within you to discover your inner gifts, such as motivation. Once you find your inspiration pull it up and put it to good use. Find your life force. Life force is your metabolism, which sponsors energy. If you have a set mind, bent on lying around the house and feeling down, reprogram your way of thinking. Instead of saying, "I don't feel like walking today." Say, "I feel good and I want to feel better, so I am walking today." Once you set your mind to take action, enforce your message. Do not allow negative thoughts to move in and prevent you from boosting energy and enjoying good health. Start building a self-image of you that leads you to success. Instead of saying, "I feel weak," say, I feel strong and today I am going for my goal to feel stronger.

### **How does walking benefit me?**

Walking is exercising that moves the muscles. Since the muscles have suppleness, it is great for you and your health. Walking increases energy. Once you feel energized, you will feel good about you. Walking will build muscles, tone you, and assist the blood flow. When your blood moves smoothly, it flows to the proper channels inside and transfer messages that arrive at the brain and spinal cord. This means your brain will rely on messages to you that help you to feel good.

### **How will walking help me to build my self-esteem?**

Walking alone is not going to build your self-esteem overnight. Yet, when you walk to fitness it builds your self-esteem, since you feel good about you. Joining a walking fitness program is great, since you can meet new people that inspire you and build your self-esteem. Put that verbal abuse and negative group of people aside and take on a completely new life.

Whenever you are doing something to help you, you will usually start to feel better. You will start to notice your body taking on a new light. The body feels tone, firm and strong. When your body feels strong, firm and tone, it boosts your self-esteem. You see you in a new light. The new light is where you will find self-esteem in walking fitness.

### **How do I get start on the road to building my self-esteem?**

When you are ready to head down the road that builds your self-esteem, you will find the way to make your journeywork for you. All of us are different. We all have to find what

works best for the person we are. You want to start slowly, since it will halt discouragement. Set goals. Studies shows that people that set goals often achieve. Set the goal reasonably, i.e. walk a few minutes each day and gradually work up to walking longer. Start your walk early so that you feel refreshed. How can I fit walking fitness into my busy schedule?

### **How can I fit walking fitness into a busy schedule?**

When you have a busy schedule, sometimes it is hard to do much of anything once you finish your day. You have to make time for yourself and I understand that some times it can be hard to do. However, if you work at it, it can be done. You have different ways to consider when walking to fitness; this is something that you have to figure out, since you want to work toward what works best for you.

### **How can I fit walking fitness in to my schedule?**

You can start walking fitness in many ways, working it in to your schedule. For example walk to the store instead of driving; when you are at work you can park in the distant parking spot so you have to walk to the door, this is a way to get started. While you are at work, take your lunch and walk around the shop or walk inside for about ten minutes. There are many ways to get started walking. If you are going to take the children to the park then why not walk it a great distance to spend time with the family and get your exercise in as well. Walk to the newsstand and don't use transportation.

Walking does a person good if you do it like you are supposed to do. This means working out on a regular basis. Take some time for yourself and do what is right for your health. You are thinking you don't have time to walk to fitness. You are too busy. This is why most people are overweight. They don't want to do anything about it, which gradually their health begins to deteriorate. Degenerative diseases, aging syndromes and other conditions may start. Walking can help you in many ways. Walking will help you to get your self-esteem to where it is suppose to be, it will also help tone your muscles. Walking will help you to lose weight or to keep your weight on a steady level. Walking fitness can give you energy to help you though the day. Walking will help to keep the blood flowing through your veins so that your heart gets the right amount of blood it needs to survive healthy. You reduce the risks of heart disease. If you get the right amount of blood to the brain, it could help you avoid strokes. Recently, studies found that people who walk were able to reduce their risks of disease over more than 50%.

### **What kind of support is there?**

You have much support today. You have to find it. You have family, friends or groups you can consider. You also have products that are supportive, such as comfortable, fitting shoes. The shoes will provide you support as you walk to fitness. Proper clothing will offer you support also. Wear loose, fitting attire when walking to fitness.

### **What should you know about walking?**

Walking is very healthy especially when you walk a good 15 to 20 minutes a day. A walk could do many things that will soon stand out, especially if you walk the distance without overexerting the muscles and joints. Walking can increase the heart rate and get your adrenaline flowing. At a steady pace and not extreme because dangerous acts are useless especially when your working on a health issue, so take it slow. Body parts when stronger will make a total difference, don't expect nothing right away just know that you are working for great results and making dreams come true. You can walk to the body of your dreams.

## **Walking to Fitness Advice**

Walking to fitness takes inspiration. Most of us battle work, kids, household, responsibilities, and so on each day that walking fitness does not fit into our plans. Since we live in a fast-pace, world sometimes we have to sit down and discuss our health and schedule with self to find ways to include walking fitness in our lives. If you have a highly active job that requires that you walk, lift etc each day perhaps walking fitness is not for you. For the most of us however, we spend long hours sitting in front of computers keeping up with technology. Just when we think we have it figured out, technology comes and sets us back. Since we all have to find ways to improve ourselves, we need to include walking fitness.

### **How to walk to fitness:**

If you find it difficult to walk to fitness, start walking near a sporty environment. Perhaps you can walk near your local college where tracks are available. The high schools often have tracks around the area as well. On the track start walking slowly and work into a brisk walk. Walk until you feel you cannot do anymore. Once you feel you've done enough, reduce your pace. Walk naturally as you move along. In time, you want to work up to walking one mile. (I.e. 4-laps)

Inspire your feet to walk. Buy a comfortable pair of fitting shoes. Make sure the shoes have sufficient cushion to support your feet. You do not have to purchase sweatpants, shirts, shorts, etc, instead save money and use your lose fitting clothes at home. Wear lose clothing to inspire you to walk to fitness. When you exercise or walk to fitness away from your home, make sure that you bring fresh water. Walking will exert you yet it will boost your energy. You want to keep water on hand to avoid dehydration.

Do you visit your family doctor often? How about the dentist or Chiropractor: Do you make your appointments on time? Act like walking is an appointment and make sure you get there on time each day. When you think of walking fitness as a responsibility with time schedules it can help you walk to fitness. Keep your appointments and your body and mind will thank you. As you begin to age, your body and mind will feel good. Walking fitness will keep down wrinkles, illnesses and more. Imagine reaching the age fifty and only looking around 35. You will still feel good while you look good too.

### **Join a group:**

If you cannot start walking to fitness on your own. Join a group. Boogie down to the gym, or find a group of walkers in your area. Pick up the phone book. Better yet, go online and type in the Search Engine your city's name and Yellow pages. You will find various links, which you can use the phone books online to find walking groups in your area.

While you are online, why not dig deeper into walking fitness. Pull up some links that help you to feel a need to walk. Encouraging articles are available online, which guides you to fitness. Use the freebies online to your advantage. Reading about fitness, health

and exercise often makes a person feel like getting up and going. When you feel inspired your body and mind moves you to take action. Sometimes the emotions will play tricks. Don't let those emotions say, "I can do this later." DO it now and get moving to a healthier way of life. Delaying will only cause you to age fast, and become ill as you start to age. Walk to fitness today!

## **Lose Weight in Fitness Walking**

Feel down in the dumps lately; no energy, your self-esteem is dropping and your clothes not fitting like they use to? Weight loss can help you get rid of all of these problems. Walking fitness will make you much healthier and happier.

Walking fitness can help you lose weight sometimes without changing your diet. Maintain a good diet and watching the calorie intake is a good start but walking will give you more boost and you'll see a difference soon after starting your new program.

When losing weight through activities like walking you need to make it a habit on a daily basis, 365 days a year. Change your attitude. Put walking into your daily plans as the same as going to bed at night.

Losing weight and walking will boost your metabolism and change you to having a positive lifestyle. Think positive and don't expect changes over night. Your weight gain didn't happen over night and it isn't going to go away overnight. You want to lose the weight slowly. Don't stop your walking fitness program. Look back as you loss weight to see the difference in your health.

Make yourself a walking journal on a daily basis. Write down your plans and goals first. Do your plan on a slow basis, not all at one time. You don't want to go too fast and jump into it, making you sore and stiff from using muscles that you haven't used in a long time.

Once you've set a plan and the goals your wanting to reach, go for it. Start walking. It is not how far and fast you walk at first, it is how long you walk at a steady pace. In addition, remember do it everyday no matter what the weather is like; inside or out, just walk.

### **How to write your plans:**

When writing down your plans and have started walking everyday for a while add a 4 minutes stretch time to the end of your walking time. As you start to walk for a longer time, your muscles and joints will start to get stronger and they need a cool down time to keep the range in motion in your arms and legs especially.

As you continue to walk longer periods of time and have been doing your stretches afterwards, add a 2 minute time for warm ups. Move your ankles around and do some bending to warm up the muscles and joints in your legs. Move your arms around too letting them warm up as well. This gets your blood flowing and it will make your muscles less apt to injury yourself while walking further and further.

Set your goal to keep increasing your walk time up to 60 twice a week to build up strength and weight loss. Keep walking some everyday though the more walking you do the more calories burned.

**Your goal for walking is to not hurt but to feel good and healthier.**

Plan some hiking trips to add to your walking to fitness program. Once you've built yourself up to, the two 60 walking days you need to do more yet to get rid of more calories. On your hiking trips go different places and make them fun and a challenge along the way. Find some hills to explore along your trip. Try taking making your hiking trip to last ½ day at least. Take along a group of people and have a picnic while you having fun.

Make your walking program fun and enjoyable as often as you can, so that you want to continue your journey to fitness. Walking the path to fitness can help you stay healthy.

## **Walking the Path to Fitness**

Walking is good for you in so many ways. It is one of the best ways to exercise. Exercise will help you to move your blood through your veins naturally. You have blood going to your heart, which prevents heart disease and strokes. This will help you so that you don't have a stroke, since blood will be going to your brain, as it is supposed to.

### **How can you reduce risks in walking to fitness?**

You need to walk or do some kind of exercise everyday so it will help you to feel healthier. You will get in shape when you walk to fitness. Many people do not like to walk on a daily basis.

You will not believe how walking fitness will make you feel. Exercising will help you to be a stronger person. Without doing some kind of exercising, you can get very sick.

Many people say if they only knew what exercising would do for them they would have done it earlier. Just think that if you were to walk every day you would be full of energy to do what you would like to do. Yet, when you do not workout or walk to fitness, you often do not have energy to function daily as you would if you had walked to fitness. You won't see the results right away but in time, you will see a big difference in you as well as your health.

### **What benefits do you get from walking?**

Some good things that you get from walking are unreal you would not believe it. Many people just cannot get over the way they feel inside as well as the outside the body. When you do something for your body, you always feel good about it. You will notice that you will have self-esteem, won't ache, as much and all kinds of energy will come with it.

### **How to find the best areas to walk to fitness:**

When it comes to the good areas to walk there are some things that you might want to look for. The first thing is that you need to figure out if you want to walk in the evening or in the morning.

Some people like to walk in the afternoon. You want to try to walk where it is going to be safe for you. So if it's in the evening try to find a busy area and a well lit area so that you will be safer than if you walked in the dark on a street where one is around.

Many people like to walk in their house. They feel much safer, so they will get a treadmill maybe or they might just walk in their house a few times throughout the day.

Many people like to walk along the paths at a park, which puts them close to nature. The great outdoors is always an inspiring area to enjoy walking to fitness. You can enjoy the natural air as well as feel safe while walking to better health.

Walking trails is another good area to enjoy walking to fitness. Trails have natural



surroundings and wildlife, which you can enjoy. Some trails have streams or creeks that run through the wooded area, so this gives you another wonderful adventure as you walk to fitness.

When you walk along trails, learn safety tips to help you avoid potential dangers. Most wildlife will leave you alone, but in some instance if the creature feels threatened in anyway, it may attack. Therefore, learn the safety tips and hints to protect you as you walk to fitness. Physical activities, is a great way to stay fit.

## **Walking Fitness for Physical Activities**

It is a known fact that walking is for every one of all ages. As we age we have a tendency to slow down on our activities and our health goes with it. Starting at a young age and making it a part of your daily routine through out your years will help to maintain your health. Maintaining your health is easier than having to build it back up in later years.

### **Benefits from walking:**

We have many benefits from walking. We can prevent disease by working our muscles, joints and bones. A walking program included in our lives, walking at least 5 times a week or more, for 30 minutes can keep us healthier.

Getting the full benefits from being physically active will help in many ways. Walking will reduce our chances of heart disease, stroke, colon cancer, and diabetes. It will also help to strengthen the bones, muscles, and joints too that will help keep the pain away. Walking will help to reduce symptoms emerging from stress, which can lead to depression. You can relieve stress by walking to avoid these conditions.

Being fit will reduce hospital stays, doctor appointment, and having to buy all that expensive medication. The key is to start your program to keep in good shape.

### **Choosing the best time to practice your walking program:**

Some people are able to work in their exercise programs in the early morning easier than others are. They can get up earlier to add this time into their daily schedule. You are more apt to not be distracted at the early morning than in the early evening.

Walking in the mornings can cause a problem with some people. Your body temperature is the lowest when waking up. Your joints and muscles are at their stiff's upon waking up. Early morning walking may not be good for some people. Your body temperature rises in the afternoon so walking late afternoon may be more beneficial to some for burning more calories.

There really isn't the best time to put your walking program into your schedule. Pick a time best for you and start walking 5 times or more a week.

### **Exercising as a family:**

Exercising is good and benefits the whole family. Grandmas and grandpas can benefit by starting out walking fitness early. Make it a family affair and have fun doing it.

When you have a walking program for the family, it will help to maintain everyone's health and give your family time together. All families need family time and this is a good way to do it all at one time. Walking, as a family will give you together time and make it educational as well.

Talk about things like how the day went letting each one talk about their own thing. Discuss what kind of vacation you want to go on this summer. Listen for different bird's sounds and see who can identify them. Exercising as a family is an opportunity to bring all of you together at the same time everyday to just enjoy themselves and one another.

**Water Walking:**

Walking in the water is a fun activity for the family as well as an individual or group form for socializing. You can walk in the nearest pool or lake which ever is convent for the time of the year. In the winter, you can continue walking in the heated pool near you. Many hotels have pools now that you can pay monthly just to use the pool. Swimming is a fun exercise all year around.

There is no special equipment for water walking and you can add in a few aerobic with it to burn more calories. Water walking and aerobics can burn 300-500 calories per hours. When having fun an hour will go quit fast. The mind benefits from walking fitness also.

## **Walking Fitness for the Mind**

Walking fitness is great for the mental and spiritual mind. Walking helps, the mind and brain by increasing the blood flow to the brain. The blood flow to the brain improves a person mood swings and helps to keep depression from setting in. The blood flow allows you to learn more on the spiritual side with you family and loved one.

Walking will help to keep the mind stronger. It is a known fact that walking and exercise will help to keep the brain in a more positive state. The brain will concentrate and be less distractible when walking is done on a regular basis.

Depression and Anxiety can be lessened from walking as well. Walking and exercising the body and brain brings up the mood enhancers. Working like an anti depressant drug works to help relieve the depression and the everyday stress that we all go through.

When involved with a group of people walking together it enhances the mind by the socializing with others. As you body image, changes and your self-confidence start to rise in yourself walking helps you to maintain the positive things going around you and the worrying will start to let up.

Staying active is the key to help relieve stress, depression and anxiety. What a great way to walk to fitness. People with depression and anxiety sometimes don't like to walk and exercise. With encouragement, they can make a few changes in their lives and do some gardening, household chores to keep active with until they are feeling better and want to be involved with the world around them.

Have you ever heard of taking a Mind Walk? Here are a couple of examples you might want to try. Check on the Internet and read up on Mind Walking to enhance the mind.

Mind Walking is to train you while your walking by focusing on something. Try focusing your mind on the sounds you can hear around you. Who knows you might hear sounds and notice things that you didn't even realize were there. This will help strengthen the mind and relax you at the same time.

Mind Walking is good for problem solving too. Got a problem and not sure what to do about it? Ask yourself 3 question about your problem changing each one as you ask them. By making, the changes to the questions will sometimes help you come up with a solution for it.

Check out the Internet articles on Mind Walking. There are many articles teaching you how to Mind walk your, way to a better and healthier life.

We all know that walking is good for our bodies, mind and brain and our health too. Nevertheless, it is easy to avoid doing it everyday like we need to.

There is always an excuse after awhile; like not enough hours in the day, your to tired to walk, or just plain don't feel like doing it, if this is the case that be more creative about walking. Try taking the stairs instead of the elevator at work, don't park at the front door at the department store go the back and park.

Don't sit at your desk all day typing get up every hour and take a short walk down the hall, or take a walk around the building on brake with a work mate to just talk and socialize about anything but work.

The key to walking fitness for the mind is to stay active and let your mind think positive things to be happy. When you have positive influences around, it is a great way to keep a positive mind also.

## **Walking Fitness for your Health**

Walking is important for all of us, especially as we age. Is your health dropping down the older you become? Are you losing your energy and gaining excess weight?

Trying to gear up to a walking plan to help you become healthier and stronger and maybe burn some calories too.

Walking can help you become healthier in many different ways. If you are at risk, of heart disease or strokes, walking can strengthen the heart increasing the rate by walking at a faster pace and it helps to keep the blood flowing through the vessels getting to the other organs.

Are you at risk? Do you have a family history of high blood sugar or cholesterol? Walking will help reduce such disease. Exercise is good, since it lowers cholesterol by helping you lose weight, which may be causing it to be high. Walking fitness increases your bone density and helps to prevent osteoporosis by building and making the bones stronger. Give yourself more flexibility and change your mind to positive by walking. Walking helps all of us in different ways.

Start your walking plan today and see what it can do for you. When you are walking it isn't about how fast you walk, it is how often and how far you go. Walk at your own pace, keeping it at a steady walk and work yourself up to walk longer as it starts getting easier for you. It is not good to have a plan to carry weights in your hands. When carrying weights it can cause too much stress on the shoulders and elbows.

Walking is good since it helps to keep the mind strong, as well as the body. A study is known to show that adults should walk 30 minutes five or more days a week. Walking will help the mind and body through strengthening their endurance, balance, and flexibility. Always get your doctor's approval before starting any new exercise program.

Be sure to have the right shoes when do a walking program to avoid foot injuries. Make sure your shoes fit properly. You will need shoes that provide you support, so look for the cushion shoes. Poorly fit shoes can cause your feet to twist and roll with each step you take. If you have flatfeet or high arches you'll need to be sure the shoes you wear supports your arch. Without the proper footwear, if your overweight it will put extra stress on the feet and could cause even more chance of injury.

At what time you start walking be sure to dress for the weather. If it is warm out be sure to carry a bottle of water when in the sun to keep you from dehydrating. Always drink the water before you become thirsty or the thirst feeling will stay with you. You want to protect yourself from heatstroke so wear sunscreen and clothing should be made of fabric that can breath. Protect yourself from the heat to keep from having a heatstroke they can be deadly. People with high blood pressure, the elderly, and people working or exercising in the heat are at risk of heatstroke.

In the colder wintry weather, be sure to cover your skin and keep yourself warm. Wear warm clothing made of bright colors so the traffic can see you when on the road.

Stay warm but be sure you can hear what is going around you. When taking steps bend your knees just a bit and make smaller steps with nonskid soles on your boots to help keep you from falling so easily. Lose weight in walking fitness.

## **Walking Fitness for Weight Loss**

Feel down in the dumps lately; no energy? Are your self-esteem dropping and your clothes not fitting as they use to? Weight loss can help. You get rid pounds when you walk to fitness, making you much healthier and happier.

Walking fitness can help. You lose weight sometimes without changing your diet. Maintain a good diet. Watch the calorie intake since it is a good start but walking will give you boost to keep going. You'll see a difference soon after starting your new program.

When losing weight through activities like walking you need to make it a habit on a daily basis 365 days a year. Change your attitude and put walking into your daily plans the same as going to bed at night.

Losing weight and walking will boost up your metabolism and change you to having a positive lifestyle. Think positive and don't expect changes over night. Your weight gain didn't happen over night and it isn't going to go away overnight. You want to lose it slowly. Don't stop your walking program. Look back at your progress as you move ahead.

Make yourself a walking journal on a daily basis. Write down your plans and goals first. Do your plan on a slow basis not all at one time. You don't want to go to fast and jump into it making you sore and stiff from using muscles that you haven't used in a long time.

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As you continue to walk longer periods of time and have been doing your stretches afterwards add a 2 minute time for warm ups. Move your ankles around and do some bending to warm up the muscles and joints in your legs. Move your arms around too letting them warm up as well. This gets your blood flowing and it will make your muscles less apt to injury yourself while walking further and further.



Set your goal to keep increasing your walk time up to 60 twice a week to build up strength and weight loss. Keep walking some everyday though the more walking you do the more calories burned.

Your goal for walking is to not hurt but to feel good and healthier.

Plan some hiking trips to add to your walking to fitness program. Once you've built yourself up to, the two 60 walking days you need to do more yet to get rid of more calories. On your hiking trips go different places and make them fun and a challenge along the way. Find some hills to explore along your trip. Try taking making your hiking trip to last ½ day at least. Take along a group of people and have a picnic while you having fun.

Make your walking program fun and enjoyable as often as you can.

You have several options in walking fitness. Set up the program that works best for you so that you will stick to the plan. Are you ready to walk the marathon?

## **Walking Fitness for a Marathon**

We all need exercise but when walking a marathon the walking fitness is the main concern to keep us health and fit for the long walk ahead. Most marathons are about 26.2 miles. A long walk and you'll be on your feet for a very long time.

Before training, you'll need to have a coach who knows how to train for, the marathon to make your plans and goals come true. He or she will help you train and get fit along with encouraging you along the way.

Training to fitness and adopting your body for the long distance ahead takes a long time and a plan needs to be done to keep you working and pushing yourself to get through. Applying stress to your body is achieving your goal.

Your feet need to be trained as well as the body. Make sure you have running shoes to wear they are the best for long distance walking and will help to keep your feet healthy with less injury to your feet. Your feet have to get used to standing and being on them for as long as it takes to complete the marathon. Take it slow giving your feet and body rest and recovery time to make the changes they are facing in order to prevent and injuries.

You'll have to do a lot of different stretches and strengthening exercise with and without weights. It takes a good strong and healthy body to walk a marathon. While training, you'll be walking 5 days a week and two day of cycling or aerobics.

It takes much calories for the long walk ahead to keep your body in good shape and healthy. Train the body to store more carbs and burn fat for energy by taking long slow walks. Walking at the same pace, you'll be doing in the marathon.

At the end of your training period, you need your rest time of about two weeks before the marathon. Giving your body and mind time to recharge and let the carbohydrates load up so the muscles can fill up with the highest possible amount. The carbohydrates are your stored calories and the burning fat is your energy.

Walking is the # 1 exercise now and it is growing more for any different illness, keeping the body and mind healthy. All age groups are walking and more are turning to marathon walking.

Before the race, study the course. Know where the water and restroom stations are along the way. Make sure you know the line up time and start time; you want to be ready to go with the race starts.

After finishing a marathon race some people just plan want no more of it. Others get addictive and look forward to finding the next race to compete in. Most marathon racers have a goal just to get the finish line.

Before preparing for a marathon race get a check up by your physician and he says you are in good enough health to participate. You don't want to have a heat stroke or hearth attack from doing something you've been want to accomplish for a long time. Remember your goal is to stay healthy and fit and reach the finish line.

When walking to fitness to participate in marathons, you might want to consider joining the marathons for a good cause. In many areas, the city sets up walkathons. The programs are designed to bring in money to help fight breast cancer, leukemia, to help families who need money and so on. Anytime you walk for a good cause, it will inspire you to continue walking to fitness.

## **Walking for fitness**

When starting a new exercise program some say *to check with doctor first*. We can all walk and it is good *for our health and well being*. Just take the right steps and *start out slowly*. Few things that you need to keep in mind to prevent injury to yourself *when walking to fitness*.

### **Taking care of the feet:**

Make sure when your walking for fitness that the feet are taken properly. Your shoes need to have the right fit and be comfortable. When buying your shoes make, sure they are for walking exercises. Three different types of shoes that you can buy for walking will help you walk safely. The first one to think about is getting a good walking shoe. Running shoes are ok but not recommended for just walking. The last pair is the cross training shoe, which is a hiking shoe, make for rugged rough walking.

Make sure your shoe has a low heal. It needs to be firm to hold its shape but will at the same time bend easily. Walking around the shoe area is a good way to check out the right fit and style that fits you best before buying.

### **Warm up:**

Before you start out you daily walk first warm up for a bit around 20 to 30 seconds will work fine.

### **How to avoid injuries:**

You need to warm up the whole body to keep is flexible while walking to avoid injuries. Starting out, work the ankles by moving each one in a full range of circle motion to avoid injuries. The legs are next and they too need to move at a full range motion from the hip down. Making circles using your hips will work for the pelvic area by standing with feet shoulder width apart and hands on your hip. The arms are next making circles with them also by starting out making circles with you hands and than add the whole arm from shoulder down. Last of all hop in place and move the whole body at the same time.

### **Walking with the right gear:**

Always walk against the traffic to make it easier for the on coming traffic to see you if your walking on the road. If a sidewalk is available, it is best to walk on it. Don't wear headphones when walking because it can distract you from hearing what is going on around you.

Be sure to have an ID with you when walking just incase you get hurt and someone's needs to help you. A Cell phone is a good idea too for emergencies that can happen while your walking. Always wear reflective clothing especially on a cloudy day or towards dark. You want to stand out to make it safer for you and the traffic will be able to spot you easier.

**Posture:**

Your posture is important to practice when walking. Walking can cause injuries to the feet and back as well. Stand tall tucking your abs in to keep the lower back from arching as you walk. Taking quick and small steps are the best to start you programming out. The larger steps and faster pace will come along as you work your way into your new program.

Your arms should be bent at the elbow placing your hand to the center of your body. Keeping the elbows fixed in this position to make it easier to swing your arms as you walk to give your arms the exercise they need as well as your legs.

Walk using your back foot to push you along the way. As you pick up your feet have the back foot showing the sole behind you.

Now you have your shoes fitting well to your feet and your posture is right you can start your fitness program plan and goals. Have fun walking your way to fitness. Battling weather is part of walking fitness.

## **Battling Weather in Walking Fitness**

If the weather is bad and you can't get outside try using a treadmill to walk on inside the house. I know they are no fun but they'll do if it is nasty and rainy out. Set up a TV in the room with you or listen to your favorite CD. Even light up some candles and set them around the room while your walking to relax by and candles always make things look and feel more cozy than it really is.

Before you start walking, you may want to check the weather. Use your weather channel, the Internet or radio to check the weather. If the weather is good, you can start walking to fitness. If the weather is bad, you can plan walking to fitness indoors. If you have a treadmill, turn on the television and watch your favorite program while you walk to fitness. If you do not have a treadmill, try walking around the house. Take a little extra time and wash clothes, clean the kitchen or do something active. When you are active, it reduces your risk of disease.

You want to walk the mile, getting the most of your fitness to burn calories. If you walk a mile, it will help you burn at least hundred calories and around 50 or more fat calories. Walking briskly you can burn calories faster. When walking to fitness you must base pace, speed and intensity to decide how much calories you can burn.

One of the best things about walking in cool weather is that you can feel comfortable. Often when someone walks in the summer, they feel hot easily. Preferably, most people like to stay cool, so walking in cool weather is the best time.

If you prefer to walk indoors, you might want to consider the Power-Belt, Skis, or a treadmill. The Ski Walkers are great, since you can work the arms and legs. In addition, ski walkers help you to work the entire body. Treadmills are nice and you can burn calories quickly. Set the treadmill at the speed you desire. You can increase speed when you feel comfortable. The Power-Belt works by allowing you to walk to fitness indoors. You strap the belt to your waist. The belt is great for working the prime muscles, which gives you the advantage of controlling weight.

One thing you want to keep in mind while walking to fitness is that continuing your program is the best way to stay healthy. In the winter, months we often dread going outdoors to face snow, ice and so on. Don't let the winter hold you back from improving your health.

Instead of running from the snow and ice, make it a habit to walk to fitness if doors. You can visit a gym also, or join a group. To save money you can open your own program. Invite friends or family to join you in exercise at your home. Use treadmills or other walker sources to walk to fitness. When you ask others to join you, it often inspires you to continue your program.

### **How to walk in the winter:**

In the winter, you want 10 minutes at most to warm up before walking to fitness.

In cold weather, your body needs addition time to prepare. If you intend to walk outdoors, be sure to wear warm attire to avoid frost bites. You want to wear a face mask and scarf to protect your mouth and nose. You want to wear proper shoes also to avoid falls. If the weather is very bad, you may want to walk to fitness indoors. Don't take the risk of freeze bites. Still, you must find time for walking fitness.

## **Finding Time for Walking Fitness**

Finding time is a big issue for some people. Everyone knows that they really need to find time for some exercise 4 or 5 days a week but making the time when there is work and things to be done at home is just doesn't fit.

Walking fitness is the most natural workout plan anyone can have. Everyone should walk on the average of 10,000 steps a day. Most people are only getting between 1,000 and 3,000 along ways from 10,000. The further you can walk the more calories you can burn and the healthier you'll feel.

Walking can help prevent many diseases including colon cancer and relieves stress as well as making you more fit and comfortable when trying to squeeze into that pair of pants you just wore last week; now they won't slid over the hips without tugging. We can add steps to our daily routine and not even notice that we're doing it to make those pants fit better.

Get yourself a pedometer and attach it to your clothing the first thing when you get up in the morning. Before climbing back into bed that night look and see how many steps, you took that day. This will tell you how serious it is that you get started on a walking fitness plan to better health.

You might have to make a few changes in your life style but what better reason to change than to make your life healthier and happier. Start thinking how you can add steps to increasing your walking time.

- 1) Take the stairs instead of the elevator at work.
- 2) Spend some time with the children and go for a walk with them and the dog instead of chain the dog outside.
- 3) Set the clock 15 minutes earlier in the mornings and walk around the house while the children are still sleeping.
- 4) Instead of piling the children into the car to go get a loaf of bread, three blocks down the street pull them in their little red wagon. You'll be walking and they can have fun at the same time.
- 5) If you commute to and from work by bus have them, let you off a few blocks from home and walk them instead of riding.
- 6) Instead of taking the children to the park so, they can play and you sit and watch. Take them to the zoo and walk around there with them.

There are many ways to add steps to that pedometer. Pedometer are nice they now have computer chips in them to record you heart rate, blood pressure, calories burned, steps you've walked and will save them for a certain amount of time. They can be purchased at any store where exercise equipment can be bought. Do some searching on the Internet to



check out the different kinds and how they work. Pedometers come in a wide range of prices too so you can check that out too so you have an idea of how much it will cost you. When it comes to your health, do anything you can to make it better and walking is the best.

Having fun is part of walking fitness to keep it interesting. Be creative and find new ways to add steps to your walking. Make it interesting for the whole family or just with the group or friend. Take time out for yourself and go shopping with your friend to the mall for lunch.

Soon you'll be walking your 10,000 steps a day and won't even notice. Your energy will be going up and you'll be more active adding more steps. Next, consider how energy drinks to give you energy to walk to fitness.

## **Using Energy Drinks in Walking fitness**

Walking fitness is a good way to keep you healthy and happy. Walking is the most natural exercise that a person can do. Unlike jogging and running, walking does not cause stress on the muscles. Of course, when you walk to fitness you want to start out slowly before working up to a marathon walker.

Marathon in walking fitness makes a good goal to work for. Marathon walking is very popular to help different charities at the same time it helps you get the exercise you need.

Be prepared before every marathon you walk like making sure your shoes are in good shape and comfortable for your feet. Marathon walking is based on mileage and time.

Keeping the body in good shape with diet and liquids is very important when walking a very long distance. Walking will burn up calories and take away your vitamins as well if you need to use supplements with your diet they won't hurt you. Always drink when exercising if needed to keep from dehydration especially in the heat.

Before starting off on your marathon adventure be sure you know how far apart the rest spots are where water and restrooms are. Go ahead and drink a bottle of water about an hour before you start walking so it will have time to go through your system. You need to drink about every 15 to 20 minutes to keep dehydration from setting in. To make sure you're not drinking too much water weigh yourself before and after the marathon if you gain you know that you're drinking too much. If you lose, you're not drinking enough.

If you find yourself with a weight gain after the marathon you need to switch to energy drink or sports water. You can drink energy drinks for an hour after the walk to replace the salt and sugar you lost while sweating. You can also take with you energy replacement bars to keep up on the carbs that you lose while you walking too. There is sugar in some energy drinks so be sure that you know what you are looking for, the sugar is the energy replacement.

Counting calories and drinking energy drinks can be done. Some energy drinks are very low in calories to help keep the weight down. Energy drinks are good for you and they replace that salt as well as the sugar when sweating.

Walking marathons are a big challenge to you and your body. Keeping in health and in good shape is necessary because of the long distant walking and the weather. Be prepared for all types of weather because you have no idea what it will be like out there by the time you reach the end.

Walking for a good cause is a challenge just for the cause itself. Sometimes walking in a marathon is rewarding because the benefits will go to charity and that is what makes it such a challenge in your life helping the needy.

Once you have started the challenge of walking fitness keep going only looking back to see your progress as you get closer to your goal. You'll be so proud of yourself to know that you can be fit and healthy at the same time.

More energy comes from more walking and relieving all that stress from a hard day at work. By having a goal to look forward to helps the energy get stronger as well. You'll see your self-confidence go up too because walking fitness will improve your completely inner self. Stick to your new exercise program and more marathons will come your way boosting you up high with them.

## **The Basics in Walking Fitness**

Everyone needs to exercise and a little bit goes a long way. One step leads to another and that leads into more energy and better health.

Starting a walking exercising program is like any other exercise you have to work your way up to your goal. Every exercise involves using different muscles and joints that normally wouldn't use. When you first start your new program, you won't see a difference right than in how you feel but wait until you get up the next day and you could be very sore. It takes awhile for the soreness to set in so start out slowly and work your way up to the finish line to keep from getting sore and stiff. If you feel sore and stiff, you'll be putting your plans on hold for a couple days so you can do it again. You want to feel the exercise working but you don't want to hurt.

Steps to healthy walking fitness:

Check with your doctor before starting a new exercise program if you need to.

Make a plan with a goal to give yourself something to work for.

Start a journal to record each day's workout and your feelings.

Get a good pair of walking shoes.

Decide what days your going to walk.

Get going and start walking.

Before starting any exercising program, you need to check with your doctor if you have any health problems to get his approval. Some people don't need to especially if there are no major health issues that could stand in the way. There are some things that the doctor will tell you to walk to help prevent more health issues. Only you and your doctor can make the decision on what exercise program is best for you.

Make a plan and where you want to go in life. Exercising is beneficial to everyone in many different ways. It can help prevent many diseases including colon cancer; an extra activity such as exercising is good for self-confidence and many other things. No one is too young or old to start exercising for fitness or health.

Writing a journal is a fun way to keep you motivated. Write in it whatever you want including your goals and plans. Record how your walking went and how you felt

afterward. As you go along you can go back and see how much and hard you've worked to get where you are and how much further the light is at the rainbow.

Make sure you have a good pair of walking shoes to fit you and the weather. If it is winter and slippery make, sure they are waterproof and have good tread to help prevent injuries by falling. The shoes need to be firm to keep the shape so they won't rub and make sores on your feet but they need to bend easy for walking.

Set a time of day and on what days of the week you are going to walk. Change your schedule around to leave this time for your walking 5 days or more a week. Be sure the time length includes 5-10 minutes each for warm ups and cooling down time. Your walk time should be 30-60 minutes depending on you personally and what your body can handle.

Your set to go start your plan slow and work up to your goal pushing yourself a little bit further each day. Don't expect to reach your goal the first week because that is too hard on your muscles and joints. You want to enjoy your plan and hurting isn't the answer.

Go for it and enjoy your new experience. Go for the marathon!

## **Marathons in Walking Fitness**

Everyone needs to exercise and what better way than walking. Start walking today to improve your health and body. Having a goal is important to plan on something you want to walk for better health, lose weight, or walking in a marathon.

**Walking fitness is a fun way to build up your body by yourself or with a group of people. It is fun to have competition so as a group plan a goal and see who can make it to the end.**

Before you start, a walking fitness exercise makes sure you have the proper walking shoe that fits to your feet. You want firm shoes that bend easily; the shoes shouldn't slip around when walking because it could cause warts and blisters. You want happy feet not sore ones.

When building up your body to walk in a marathon you need to take it slowly. Walking at a normal comfortable pace to start out with and increase once, you get use to it. A good base time to start building up your walking for a marathon takes 6 to 12 months in all weather conditions before starting your training. Marathons are scheduled and completed regardless of the weather so be prepared. Your body needs time before adding mileage so you need to walk 4 to 6 times a week.

On day, you need to work on your speed walking. Walk at a fast pace for 1 min and slow down for two working your way up to 2 minutes fast and 1 minute slow.

Plan one day of the week to a fast steady pace in a shorter distance and work your way up to the full distance as time goes on. Marathon's are done on a time schedule and distance to this will help you work on your pace.

Put one day aside for long distance walking at a comfortable pace to give your body a chance to rest. Walking at a comfortable pace makes for a longer distance is still making the muscles and joints work to get them stronger.

Always put in your plans to take at least one day off from walking. Your body needs to rest in order to keep up with your plans to the end. If your body says it just needs another day go ahead because taking two days off is better than having to miss a week or more. Don't push yourself to the point that you're hurting it you want to build it up and down.

Make sure once you've made and decided on a plan with a goal at the end of the rainbow that you stick to it. You can always look back and see your progress as you go. You'll feel your bones and muscles strengthen during the year and as they get stronger and healthier, you'll be able to speed up the pace and walk further and further. Be sure to warm up and cool down.

Warm ups and cool down time is very important before and after each time you walk. Warming up loosens the muscles and joints to make them for flexible as your walking.

Cooling down is especially important along with some stretches to slow your heart rate and blood pressure down to normal slowly. The stretches will help prevent injuries when walking the next time.

Once you have been building your base to start training for your marathon, you are about to start the real training period. Walking or Running a marathon takes a lot of training to get the body used to the long distance and scheduled times. Taking steps in walking fitness is easy when you are motivated.

## **Taking Steps to Walking Fitness**

Thinking about starting an exercise program but do not enough time. Perhaps you could use of a pedometer and see if that will get you motivated and in shape.

A pedometer is small meter that you can attach to your clothing. It will record how many steps you take as well as keeping track of your heart rate and blood pressure. Some have a memory program installed to keep an on going chart of each day for a certain amount of time so you can see the comparison from one day to another.

On an average day, a person should walk 10,000 steps a day to maintain good health. The average person only walks somewhere between 1,000 to 3,000 steps a day, which this is a long way from 10,000; don't you think?

We all need to exercise to be health and fit. Exercising will help prevent many diseases and lose weight too. It relieves stress and depression, walking will give you more energy and you'll become healthier and be a better person as you see the results in the upcoming weeks after you have started walking.

Get on line and do some research, read up on how to use a pedometer and what are the benefits from wearing one. You'll be surprised at what some people say about how their days have improved since they started wearing one. Pedometer can be bought on the Internet as well as any place that sells exercise equipment.

If you decide to buy a pedometer put it on first thing in the morning when you get and track your steps for a couple of day. Are you one of the people who don't even come close to walking 10,000 a day? Lets get started to a healthier you with a new walking program using a pedometer.

The first thing you need to do is start a journal. Journal writing is fun and it helps to keep you motivated so you don't stop walking and keep going just looking back to see the progress you're making. Make journal entries every night on how your day went recording your steps, what you're doing to increase that number to hit your goal of 10,000. Your energy will increase and so will your confidence along with becoming that new and healthier person at the end of your goal.

If you are in the 1,000 to 3,000 step range per day than we need to work on getting it up to 10,000 a day. Each week you need to have a goal of increasing your steps to 500 per day. By the end of the first week, you should be walking 3,500 steps. At the end of the second week, you should be walking 4,000 steps per day. Soon you will be walking 10,000 steps with no problem and feeling happier too.

You have steps you can take to increase your walking fitness goal. Be creative and have fun when making your choices; you'll be surprised at how many different ways you can



increase your steps per day. Remember to write these down along with your daily logging to your journal.

**Here are some ways to increase your steps per day:**

Take the stairs at work instead of the elevator. Walking stairs will burn more calories and add strength to you leg muscles.

Instead of using the phone to call the neighbors next door walk over there and talk to them instead.

Take the dog for a walk around the block a couple of time before going to work in the morning.

Take the family and walk over to check on Grandma and Grandpa instead of driving the 5 blocks.

Instead of having your secretary get you a cup of coffee, walk down the hall to fix it yourself.

Have fun with your new step program and be sure you have a good shoes and do your warm ups and cool downs before and after any long walks you might plan. Next, enjoy walking fitness on skis.

## **Skiing in Walking Fitness**

We all need exercise involved in our daily activities to help us maintain our good health and prevent many different diseases. Walking fitness exercise is for the whole family of any age and can be the safest way without injury if you take care of you self.

There is no equipment required other than using your legs and feet. Walking fitness is all natural fitness. Some people may need extra equipment to help them walk especially as we age and our balance begins to be a little off.

Trying skiing walking fitness, Skiing in walking fitness is that same thing as walking fitness only you use ski poles to help hold up your balance. These poles can be used when hiking in the woods to help prevent you from falling. They are used just like when skiing only you have no ski's on.

Do you have many problems keeping your balance when walking and need assistance? If you need assistance when walking than ski walking is for you. You use the poles to help balance yourself instead of a person giving you more independence and let you have more control of your life.

Ski walking can be a benefit to many people from young to old. They are adjusted to the person's height and durable so they won't bend in the middle. The younger generation can use them when they are hiking in the woods and hills by supporting them from falling and being injured.

Like any walking fitness program, you need to remember the warm and cool down times. Warming up before starting any exercising program helps to prevent you from injuring yourself by twisting your ankle for one. Just remember when using ski poles you need to make sure you include the arms in your warm ups by using range of motion in large circles to keep them from getting sore as well as the legs. Plan to warm up for 5 or 10 minutes before you start your ski adventure down the road.

Cooling down is still important too because you've been using your legs and arms, you've increased your heart rate along with increasing your blood pressure. Slowly start your cool down during your walk by slowing down your pace to a slow pace before doing your stretches. Take at least five or ten minutes to cool down.

Ski walking fitness is known to burn 40% more calories using these poles than without. Using ski poles will help reduce knee and joint strain. The neck, back, and shoulders will loosen and strengthen naturally when ski walking. The oxygen level is known to increase by 21% and energy level has increased by 46% just by using the ski method for walking fitness.

Ski walking is known for controlling your posture while walking too. By using the poles, you'll be able to put a little more bounce into your walk with the strain.

The support of the poles will help keep your back and spine straighter and more comfortable while walking.

Ski walking is being used by professional too it may look funny walking down the street with ski poles but the after effect it the most important part to becoming a healthier person. Ski pro's use ski walking as they're off season exercise to stay in shape for the upcoming ski season. Ski walking is for everyone. It is a great way to firm the arms, while walking to fitness. You will have strong legs also when you ski in walking to fitness.

Get healthy and stay health by ski walking fitness. Have fun and stay safe. Don't forget to include walking to fitness at work.

## **Walking Fitness at Work**

Do you have a sit down job in an office and not getting any exercise all day? Do you go home and there just isn't time to fit a program into the schedule with what is going on there?

In this fast pace world it seems like we are moving so fast that there is no time for extra's. There is always something going on once we get home from work, school programs, housework, gardening, and appointments. There are still ways we can get some exercise in while we working at the desk. It really isn't any harder than putting into our schedule at home and we don't even realize just how much we can exercise while working.

What do you do on your lunch break? We eat and sit and socialize with our co-worker during lunch when we could be walking around the building, up and down the halls even; depending on the weather. Instead of sitting and socializing take half of your lunch and do some walking. Maybe your friends will join you and that way you'll be socializing and walking to get fit as well. It is always a lot more fun to walk with someone else along anyway.

Do you have more than one floor in your building? Instead of taking the elevator, use the stairs. Walking up and down stairs is good for a person by stretching and strengthening your leg muscles as well as sometimes it gets the heart rate up if you go at a little faster pace. Your muscles alone with benefit from walking up and down steps a couple of times a day.

Instead of using the phone to call the office down the hall, make use of those feet and walk down to the office. Walking is good, remember it gets you up out of the chair to stretch your legs and lower back as well.

During your breaks do a few stretches it will be good for the back as well as the whole body. Sitting in one position isn't good anyone for long periods. The stretches will loosen up the joints and help strength the muscles too. Every stretch you do is better than none at all.

How about talking to some of your co-workers and get them to join you at the nearest fitness club. You could all meet there first thing in the mornings before going to work and fun to start the day out. Sometimes when there is a group of people, joining the clubs will give you a break on the price.

Have you been wanting to do something for charity but again no time to do it? Again, do some talking to your co-workers and form some kind of program to make money for charity. Many places will donate items or money as advertisements if it is for a good cause for the winners. Make it a walkathon getting people to give a nickel or a dime for each miles walked by the group. This is a way to get your friends at work to walk with

you during lunch getting ready for the event. Now you are getting fit for a good cause and your health too.

At night if you take a bus to commute to and from home have them let you off a few block before your home and walk the rest of the way. Here are five or six blocks of walking when you would normally be riding. Do this 5 days a week and that's a lot of exercising going on.

Working and exercising can be worked in together but you have to be creative and look for ways. Walking fitness will increase strength.

## **Walking Fitness for Strength**

We can all use a little more strength in our limbs to make us healthier. There are no limits to what walking fitness can do for all of us. Walking fitness is a great tool to staying healthy and fit.

Walking isn't an expensive exercise to do and we all can benefit no matter age we might be. Bring down your high blood pressure, lower your cholesterol, lose weight, or just maintain your health walking will help it all. If you're depressed, or have anxiety attacks, low self-esteem walking can do a world of good for this too. The only thing you need to consider is make sure that you have a good pair of walking shoes to help prevent injuries and make your experience a happy one.

Building up strength with a walking program is a good way to increase flexibility too. As your limbs become stronger and more flexible, you'll feel better and have more energy to have fun. When a person feels weak and their joints are sore, they don't feel like having fun with the family or friends. Just walking up and down the steps in or out of the house is a chore but that gets easier and you'll look forward to getting out and doing something.

Because your legs are weak from not moving around much you need to slowly build that strength up. By pushing yourself to walk a little bit further each time will begin to make them stronger and you'll be able to see how much easier it is just to get in and out of the house.

When starting your strengthening walking exercises do a few warm ups first. This will help warm up the muscles and joints to keep the soreness and cramps from setting in while walking. Twist your ankles around in circles; swing your legs in circles using the hips. Bend and kneel down to move those knees a little. It is not a good idea to stretch your muscles before warming up because it could cause you to tear them.

Start walking out slowly as part of warming up and then pick up the pace a little bit. Don't start out walking for a long distance all at once the pace isn't important unless you're in training for a marathon or to lose weight. Just a normal walk at a steady pace is fine. Don't over work yourself until your sore just walking normal for maybe 10 or 15 minutes at first is enough. After a few days at this pace and length of time then increase it going a little further until you've reached your goal.

Be sure that you take time after walking to cooling down. You want to walk a few minutes at a slower pace to lower your heart rate and blood pressure back to the normal

rate it is use too. At what time you have cooled down to a slower pace, you want to start stretches to relax the muscles. They need to be stretched while still warm and flexible in order to keep from tearing your muscles. By stretching, it will also help to prevent injuries the next walk you take.

Add to your plans about 10-15 minutes before and after your walk to include you warm ups and cooling down time. So by the time you reach the normal goal of 30 minutes walking time you'll need to set aside about 1 hour for your new exercise plan.

Remember start out slow and work your way up to meet your goals. Don't stop when you reach it just look back and see the progress. You'll be happy with yourself and want to keep going.

## **Steps to Walking Fitness**

If you are thinking about exercise and getting back into shape, you are on the right tract to better health.

Walking is a good healthy exercise for everyone young and elderly. Besides giving, you space for to work on your shape it helps to prevent many health problems.

**There is no need to buy any equipment for walking exercise except you will need a good pair of walking shoes with the proper fit to meet your needs.**

### **Here are a few plans to help you get started:**

Making a plan including a goal of where you are headed.

Get some good walking shoes with the proper fit.

**Plan what days you are going to walk. Make it a goal to work your way up to 5 days or more a week to include 30minutes walking time.**

Add 5 or 10 each to warm up and cool down time.

Are you prepared to walk in the different kinds of weather that may turn up?

What is your goal of how far you want to work up to?

Are you walking for health reasons, to lose weight, or just to get the exercise we all need?

Do you need to consult your doctor for health reasons?

Are you planning to eventually add in some hiking trips or walking in a marathon race?

Keeping a journal on your progress

When making your plans up with a goal it gives you something to look forward to as you progress. It will help to keep you motivated. Once you start walking you don't want to stop, just look back and see how far you've gone.

Make sure your shoes are the proper fit to prevent injuries. A good walking needs to be a firm shoes to hold its shape to keep from turning and twisting your ankles. They should have a good tread on them so you don't slip on water or ice. Make sure yours shoes have a good fit to your feet so you don't get warts or blisters, your don't want your feet to hurt they need to be happy feet.

What days of the week are you planning to walk are very important so you can work your schedule around you walking time? Setting the times and days will help you from soreness in the muscles and joints so they don't have time to go back to their old ways before you starting walking. Being prepared for all different kinds of weather needs, because you don't know what it's going to be like on these days that you've planned to walk.



Deciding on how far you want to be able to walk in the 30 minutes plus you warm up and cooling down time is important. In order to make your scheduled times for your exercise you need to know how long it is going to take by the time you get to your goal.

The pace that you walk depends on what your goal is. Are you walking for general health problems, training to walk a marathon, or just to walk and maybe lose a few inches here and there to improve your shape. Remember the faster you walk the more calories you will burn. Walking a marathon is timed so if that is your goal you need to be able to walk the distance in a certain amount of time.

Are you in good health or is your doctor recommending that you walk for your health? Not everyone needs to check with their doctor but some do so if you need to talk to him be sure to ask before starting your new adventure.

Keeping a journal is fun to do each day on your progress. Once in awhile look back in it to see how you've progressed. You'll be so proud of yourself when you hit the goal your after. Don't forget to cool down.

## **Cooling Down in Walking Fitness**

If you are thinking about joining a group to Walk for fitness or doing it on your own?

Walking is a great way to get in exercise and to make yourself happier and healthier. Plan a goal and stick to it looking back once in awhile to see how you're progressing.

We all need to walk and it is a cheap exercise program to improve our health and make a better person out of us all. Walking is good for strengthening, toning, lower back pain, and helps in preventing heart disease, colon cancer and strokes too. There is no special equipment needed just putting one foot in front of the other. You might have to buy a pair of walking shoes making sure you have the proper fit and consider what is needed for the weather, rain, snow, or shine.

Get started today making a plan and goal to keep you looking forward. Start out slow and each day pushes yourself to go a little further down the street. Soon you'll look back at yourself and you'll be amazed at the progress you made. You will feel inspired to carry on.

Walking 20-30 minutes, a day 5 or more times a week should be one of the goals in your plan. Be sure to add in warm up time; 30 seconds will do before start on your journey. Doing warm ups are stretches for the muscles and joints after you have walked at a very slow pace for 5 minutes. You want your muscle to be warmed up before doing the muscle stretches. After walking, you need to have a time set to include a cool down.

Cooling down is just important and the warm ups because you need to bring your heart rate back to normal slowly. You want to cool down so your blood pressure doesn't drop to quickly. If you're sweating the cool down, time to slow down your body to let it know that the hard work is done. Cooling down will help to keep cramps and soreness from setting in afterwards. After your walking at a steady pace your should gradually slow your pace down for about 10 minutes. Once you have walked at a slow pace than you should do a few stretches to help prevent injury the next time you walk.

Your cool down stretches should include all major muscle groups while they are still warm. Stretch the muscle when they are warm because they are more flexible. Stretch until you feel a gently tension and hold for 30 seconds.

If you start to feel any pain at all let up on the stretch until it goes away; you should not feel any pain at all. Don't bounce when you do these stretches because it could cause you to tear a muscle. Remember to breathe while doing your stretches to get the oxygen flowing to the muscle so they can breath themselves. Your cool down time should be longer than the warm up time. Once in awhile after your cool down time has a massage done and it will give your muscles even more flexibility for the next workout.

Be sure to give yourself plenty of rest and recovery time between each workout. When working out it will give you more energy and motivation as you see what changes are happening to your new you. Don't overdo your new exercise program to the point your sore and stiff. You want to feel good after you've worked out. Walking to fitness in a correct manner will inspire you to continue your program. Don't forget proper footwear.

## **Footwear for Walking Fitness**

Walking is one of the best exercise a person can get especially for people 50 and over. Planning a fitness program, as a family outing is a great way to get fit the family in fit and having fun together is great for all of them.

Walking is a good way to strengthen up the muscles, toning the body, and losing unwanted inches. Your health will benefit from walking as well because it can help to control heart disease, strokes, relieve stress and anxiety, help to prevent colon cancer and many other health problems you may have. We all can benefit from a walking exercise program. One step ahead is one step closer to better health.

We planning a program to include walking, like all other programs you need to start out slow and have the proper gear to keep from having injuries accrue. Walking is not expensive to go the only thing you really need to buy is good footwear.

The proper fit and a good walking shoe are very important to help prevent injuries. We are walking to become healthier not to be injured. Making sure your foot is proper to help prevent blisters, sore arches, lower back pain, sprained ankles, and help prevent harm to the knees.

Make sure when buying your walking shoes that they are well cushioned on the inside with a good arch. The width needs to be the right size as well as the size shoes itself. No one likes blisters and warts from wearing sloppy shoes. If your shoe slops around as you walk, you know it is too big especially when you start getting sore spots on your heels or anywhere else.

When choosing your new shoes for walking be sure they are recommended for walking. If you are planning a hiking trip through the woods and hills, you should be wearing a hiking boot made just for walking. Your shoe should be firm to hold its shape but will bend easily. Waterproof is another thing you need to think about if you plan to walk outside regardless of the weather; wet shoes can rub and make blister.

If you can find a good walking shoe that are a comfortable fit try checking out running shoes. They are a little different tread than a walking shoe. Running shoes are second choice for walking though so keep that in mind if you buy running shoes.

A hiking boot is ok but only recommended if walking in the woods or hills. They are designed for the woods not the sidewalk.

Always dress for the weather when walking. If it is in the winter look for footwear that is warm and waterproof. You might think just because you'll be moving that your feet will

stay warm; but that isn't true. Protect your feet from frostbite. Make sure there is good tread on your boot to help prevent you from slipping on the snow or ice.

It only takes a little slip to sprain an ankle or make you fall in front of a car even. Waterproof boots are good for the fall and spring when rain could come at any time. Wet feet can mean sore feet before you get back home.

When walking in the summer you might want a little lighter style walking shoes. You can buy walking shoes with air vents on the side to keep the air circulating around your feet. Sweaty feet can make sores too so be comfortable and don't forget to carry a bottle of water with you so dehydration doesn't set in.

Start walking to new health and fitness with the right shoe to fit your needs and the weather. Have Fun. Walk to fitness to reduce your waist.

## **Walking Fitness to Reduce your Waist**

Walking is most natural form of exercise that a person can do. A low impact exercise is good for the health as well as losing inches. Walking doesn't require any extra equipment except for a good pair of walking shoes.

If you're over weight and a few inches bigger around the waistline than you want to be than walking is a good program for you. Your weight has a lot to do with your health so lets get started and work on that waistline.

Along with the proper diet, a person can lose weight and inches by just walking. Walking will strength up your lose muscles and tones at the same time. By toning, your body up you'll get rid of a few inches too.

Before starting, your walking plans make a goal for yourself. How much weight and inches do you want to lose? Chart it all down to keep track of your progress. Don't get discouraged if you happen to gain a pound or two because when muscles grow stronger they have a tendency to weight more. Just stay on track with the diet and walking five or more times a week.

Remember walking burns calories so the further you walk and the faster pace you go the more calories you're burning. Start out your walking exercises slow and work your way up the ladder picking up the pace at the same time.

Warm ups need to be done for about 5 minutes before you walk and than cooling down 5 or 10 minutes after the walk. As part of your warm, up and cool down time walk increase or decreasing your pace into the walking pace. You want to warm up to get your muscles and joints loosened up, cool down to slow the heart rate, and bring the blood pressure back to its normal range.

Your walking exercises it self should last at least 30 minutes. During this 30 minutes each day you should be able to pick up the pace and walk further. While your walking, take the talk test every once in awhile. The talk test is if you can't talk and breath while walking than your walking to fast so slow down some. You want to be able to carry conversation with someone while your walking.

Make your walks creative and fun or you'll be bored with them and won't want to keep going. Invite a friend to walk with you or even your family. Make it a family outing for an hour everynight and discuss how everyone's day was or what would they like to do on vacation if you're able to have one. You are never too young or old to do walking exercising. If you can put one foot ahead of the other than you can do this exercise program. Making this a family outing makes everyone healthier and happy.

Walking will give you a boost of energy to help when you get home to cop with all the stress of being on a diet.

Dieting and losing weight is no fun for any of us so we all have to work together to help one another. The energy you'll start feeling as you begin to feel and look better will come to you so natural you probably won't even notice it.

Remember to keep charting in a journal how your progress. Enter things like your weight once a week and inches from your waistline. Recording your progress on how the walking is progressing too along with making little notes about how your feeling and different things that are happening to you and your body. By keeping a record of your progresses you can look back and read all that has been changing in your life. This helps to keep you motivated and you'll want to keep going once you've hit your goal. How walking to fitness benefits you.

## **How Walking Fitness Benefits you**

Walking fitness benefits you in many ways. Walking fitness promotes good health. The routine will assist the brain by helping it to function properly. Walking fitness will keep your heart in shape, as well as help you lose weight.

### **How is walking good for my health?**

Walking to fitness will help you in many ways. Like for instance, walking fitness promotes a healthy heart, since the blood flows naturally through the veins instead of getting your veins all clog up.

Walking fitness helps the heart to function correctly. You have the benefit of enjoying a healthy heart. We all know that we have to have are heart working. Walking fitness assist, the muscles and joints by helping them to work in motion accordingly to its intended way.

The joints and muscles when relaxed will allow the cells, blood, and tissue and so forth to function properly. You build your health overall, which is a great way to live your life.

You need to have blood to go to the brain as well so walking to fitness will help you to get blood going to the brain this will prevent you from having a stroke. Lets start walking to fitness.

If you are trying to lose weight this is a good start on you diet. Walking to fitness is a way to get in Shape and get some muscle tone. You do not want to lose weight walking it fitness will help you to maintain your shape as well.

### **What are some things that will help me to walk to fitness?**

Some things that might help you to walk to fitness would be your standard equipment for walking at home as well as walking in the streets.

If you walk at home you might want to get a good pair of shoes for the support is what your gone to have to have to walk to fitness. The shoes should make you feel comfortable and support you while you are walking. If you feel pinching, thus the shoes are not suitable for you. Look for the cushion-filled shoes to find comfort and support.

Then you might want to decide if you want to just walk in the house or if you want to walk on a treadmill if you decided to walk on a treadmill. Then if you deicide that you wan to walk in the streets then you have to have the right equipment to do that as well.

So lets face it you will have to have a good pair of supported shoes, a helmet, clothing reflectors, maybe some knee pads, and a cell phone, your asking why a cell phone well that is incase you need to get a hold of some one. You will need some clothing reflectors so that on coming traffic can see you walking. Some kneepads so if you fall you won't hurt your knees too bad: a helmet to protect the head from injuries makes sense when you are walking to fitness.



**Where would be a good place to walk at night?**

When walking to fitness you have to remember your safety as well. Always walk toward the oncoming traffic, wear your clothing reflectors, and never wear dark color clothing, for this will be hard for you to be seen. You can get a headlamp that will help you to see in front of you as well as the other people can see you. You can get all the equipment that you are going to need at a sporting store or even a local Wal-Mart will have it. Back at the marathon.

## **Walking fitness for a marathon**

We all need exercise but when walking a marathon the walking fitness is the main concern to keep us health and fit for the long walk ahead. Most marathons are about 26.2 miles. A long walk and you'll be on your feet for a very long time.

Before training, you'll need to have a coach who knows how to train the marathon to make your plans and goals come true. He or she will help you train and get fit along with encouraging you along the way. When you have encouragement, it inspires you to keep walking to fitness.

Training to fitness and adopting your body for the long distance ahead takes a long time and a plan needs to be done to keep you working and pushing yourself to get through. Applying stress to your body is achieving your goal. You do not want to overstress the joints however. The joints are sensitive and if you overstress them it can cause injury.

Your feet need to be trained as well as the body. Make sure you have running shoes to wear they are the best for long distance walking and will help to keep your feet healthy with less injury to your feet. Your feet have to get used to standing and being on them for as long as it takes to complete the marathon. Take it slow giving your feet and body rest and recovery time to make the changes they are facing in order to prevent and injuries.

You'll have to do a lot of different stretches and strengthening exercise with and without weights. It takes a good strong and healthy body to walk a marathon. While training, you'll be walking 5 days a week and two day of cycling or aerobics.

It takes many calories for the long walk ahead to keep your body in good shape and healthy. Train the body to store more carbs and burn fat for energy by taking long slow walks. Walking at the same pace, you'll be doing in the marathon.

At the end of your training period, you need your rest time of about two weeks before the marathon. Giving your body and mind time to recharge and letting, the carbohydrates load up so the muscles can fill up with the highest possible amount. The carbohydrates are your stored calories and the burning fat is your energy.

Walking is the # 1 exercises now and it is growing increasingly for any different illness, keeping the body and mind healthy. All age groups are walking and increasingly are turning to marathon walking. Marathon walking is a fun adventure since you get the chance to meet new people along the walk.

Before the race, study the course. Know where the water and restroom stations are along the way. Make sure you know the line up time and start time; you want to be ready to go with the race starts.

After finishing a marathon race some people just plan want no more of it. Others get addictive and look forward to finding the next race to compete in. Most marathon racers have a goal just to get the finish line. They look forward to this goal each time.

Before preparing for a marathon race is sure to have a check up by your physician and he says you is in good enough health to participate. You don't want to have a heat stroke or hearth attack from doing something you've been want to accomplish for a long time. Remember your goal is to stay healthy and fit and reach the finish line. Your mental health benefits when you walk to fitness.

## **Walking Fitness and Mental Health**

Mental health benefits from walking fitness. When you work the muscles and joints, it causes blood to flow freely to the brain. The blood moves from the central areas down to the central nervous system, spinal cord and finally the brain. This benefits you in many ways like helping to prevent heart attacks as well as strokes. Walking fitness will prevent depression as well. Walking fitness is a good stress release. If you suffering too much stress, walking fitness will help, you find relaxation. However, you do not want to walk before going to bed. Try walking fitness a couple hours prior to bedtime, since exercise will boost your energy.

So lets start walking for your health as well as your mental health. When you start a new walking to fitness program, check with your doctor to make sure your health will permit you to walk the distance. Most doctors will not discourage you from seeking good health.

We can walk by taking the right steps and starting slowly. You want to make sure that you take the steps to avoid injury however. Do not overload the joints. The joints when overloaded will cause serious injuries and pain.

You want to protect your feet when walking to fitness. Wear the proper shoes. Your shoes should fit comfortably. Purchase shoes used for walking. You have choices of cross-training, walking shoes and runner shoes. Runner shoes are not optional really, since it will not give you the support you need to walk to fitness.

When walking to fitness wear low heel shoes. You want firm shoes that hold its shape, yet give you flexibility. The best way to find shoes that provide you comfort and support is to go to department stores. You can purchase shoes online, yet if the shoes do not fit you, you will have to send them back. You lose time and money.

When you start to walk to fitness, warm up. Each day before you walk take a around 20 to 30 minutes to warm up. Learn proper stretch exercises to relax the muscles and joints. Warm ups will help you avoid injuries.

When you start, use the ankles and move each side in full motion. Make a circle. The legs will follow. You need to move the legs in full motion also starting from the hip. Make another circle, using the hips. This will work your pelvis. Stand with your feet at shoulder width and apart. Put the hands, resting them on the hip. Next, use the arms and make a circle. Use the hands first to make your circle and then the arm starting at the shoulder and down.

Once you start walking to fitness and finish, cool down. Take a few moments to stretch the muscles and joints.

While walking outdoors be sure to walk against the traffic. This will help you to avoid risks. If you can, walk on the sidewalk. The sidewalk will increase your safety. Safety is important when you are walking to fitness.

To enhance mental health while walking to fitness ask friends and family to join you. Participate in socializing so that you start to feel good inside and outside. When you have others joining you, it also keeps things interesting. You will feel inspired while you walk to fitness.

**How does walking fitness improve mental health?**

Since you are working the muscles and joints, you are promoting flexibility. By promoting flexibility, you increase blood flow, which channels to the brain. Your self-esteem and confidence builds also when you walk to fitness. This is great for improving mental awareness and health. You need food for the brain.

## **Walking Fitness Food for the Brain**

When you walk to fitness, you supply food for the brain. The brain begins to function properly, since the muscles and joints are flexible. This means that blood flows naturally to the brain, supplying it food.

Walking fitness is a program we all should include in our lives. According to recent reports walking is safer and healthier than running or jogging. Since you are not applying overloads of pressure to the ankles, knees while running or jogging you work to fitness in a safer way.

### **How to find tools to help you with walking fitness food for the brain:**

If you are new to walking fitness, you may want to go online and use health tools. The health tools will help you set goals for weight loss and so on. The tools you will need are a health diary, interactive tracker to monitor weight, calculator to measure calories, and so on. You will need to set a diet and use menus that support your diet. You will need to learn steps to keep track of your walking fitness program also.

A plan is a great way to start your walking fitness program. Some of the programs available include the seven-day, triple risk approach and so on. The last program offers you a systematic nutrition plan. You will have guidelines to help you maintain your weight. Some programs offer you motivational tools to keep you going in your walking to fitness program. You want to learn more about motivation, since you will need this to reach your ending distance.

You have inspirational tools online, as well as free advice to consider. Online you will find helpful articles to guide you to walking fitness. Online you will find friends that tell you about their success stories. Use the stories as a guide to motivation. Message boards are available also, where you will find people like you working to fitness. Sign up at the free boards and share your stories with others. Tell them about your plans. Talk about your goals. Talk positive and you will continue to walk to fitness.

Online you will find helpful guides to assist you with modifying your behavior. Reforming the mind to think health is important when walking to fitness. Sometimes when you have behaviors that lead to negativity, it can affect the way you think. Use the guides online to help you modify your behaviors.

Online you can find many items to assist you with setting goals and creating plans. When you intend to walk to fitness you want to set realistic goals and make plans to reach those goals. Use the help tools to assist you if you have problems writing goals. Learn more about right-brain and left-brain people also to decide which side of the brain you use. This will help you to write goals that conform to your brain's way of thinking.

Understanding your body type can help you set goals too. If you understand your body type it will help you to choose calories, fat calories and other items in your fitness plan.

In summary, if you want to lose 200 calories each day, you can learn your body type to decide what you have to do to lose those calories.

Learning your body type will also help you to set a diet. If you are walking to fitness to feed the brain, you must also feed the body. The body requires proper nutrients to survive and stay healthy. Learn more about carbohydrates, body type, calories, fats, and saturated fats and so on to set your diet.

## **Walking Fitness Supplies**

Supplies for walking doesn't include a lot but there are some that can be bought to motivate you and help you with your fitness in all weather.

Walking in the rain and snow is not the easiest thing. Rain walking is hard to stay dry in and snow it gets pretty cold and nasty at time. Some people do walk in the snow and rain but as we age it is not good.

Treadmills are for nasty weather and those that can't get out of the house.

Treadmills are good for walking in the cold and nasty weather. When buying a treadmill there are many choices out there. They come in different sizes and styles to do different thing. Treadmills especially the electric ones are not a good idea for people who have trouble with their balance.

The monitors on treadmills have an adjustable speed control with a safety cord to attached to your body incase of a fall to it will turn off automatically. The electric treadmill will also give you information on how far you've walked your heart rate and calories you've burned.

Shop around before buying one to be sure that you are able to walk on it. You can find a lot of research on the Internet to help you make the decision and give you a price range to consider as well.

## **Stationary Bikes**

I know bikes are not the same as walking but if you can't get out and a treadmill is out of the question buying a bike might be something that you can do in the nasty weather or on one of the days that your not walking. When shopping for a bike is sure, you have enough space because they too come in all sizes and styles.

## **Water Bottles**

Everyone should have a water bottle to carry with them especially if they are going to be walking for a long distance in the heat. Water holders for your bottle of water come is different styles to fit your needs. You'll find some holders that are insulated and some are not if your walking very far you might want to consider the insulated style. Water holders come with a strap to attach to your waist for easy connivance without stopping.

## **Walking Shoes**

It is very important that any one that is enjoying or thinking about starting a walking fitness exercise plan needs to have a good pair of shoes. Walking shoes will help prevent injuries and keep the feet happy. When buying walking shoes you need to make sure



they are designed for walking and you have the proper fit. Your new shoe should be firm to hold its shape but bendable with a lot of cushion. You should get a pair that has a good arch because walking is hard on your arches and they can fall; also, if you are flat foot you need the good arch to help support your ankles. It is easy to be injured while walking such as sprain ankles and pulled muscles, which can be reduced by having a good pair of shoes.

### **Pedometer**

A pedometer is nice to have if your walking fitness plan is taking steps. These will record how many steps you take and will help you keep track of your heart rate and blood pressure while walking. You can buy a pedometer wherever exercise equipment is bought.

### **Cloths are important if walking at dusk or after dark**

If you plan on walking in the evenings be sure you have the proper clothing. Walking is ok but be aware of the traffic that might be close by. Wear clothing that are reflective or carry something. You want fitness not an accident.

There is many different supplies you can buy for walking fitness but none is really needed except walking shoes and a lot of motivation. Walk your way to greater health and enjoy it.

### **Conclusion:**

Remember to always walk against traffic to make oncoming vehicles available to see you while you walk to fitness. If you can use the sidewalk, walk to fitness in this safer area. Do not use headphones, since it will affect your hearing. If your hearing is affected, so will your observational skills. Wear an ID when walking to fitness. The ID will help others know what to do incase you are hurt. Take a cell phone with you so if an emergency arises you will have a method to call for help. Wear proper shoes and clothes so you will feel comfortable when walking to fitness. If you walk at night, don't forget to wear reflectors. You want to stand out so that oncoming traffic can see you walking to fitness.