



# TWENTY WALKS

A walking challenge designed by  
Tosa neighbors

## Health Benefits of Walking

According to the CDC, more than 145 million adults now include walking as part of a physically active lifestyle. It is important to note that physical activity doesn't need to be strenuous in order to achieve health benefits. Walking is considered to be an aerobic exercise that conditions your heart and lungs. Here are some health benefits of including walking in your daily physical activity:

- Walking or being physically active helps reduce the risk of chronic disease. Regular physical activity helps prevent the risk factors for diseases such as heart disease, stroke, some cancers, and type 2 diabetes.
- Walking has a lower risk of injury than vigorous-intensity activities.
- Walking can reduce the symptoms of anxiety and depression, improve mood, and enhance ability to perform daily tasks.
- Walking can be easily adapted to fit one's times, needs, and ability. Especially for those who are inactive and are looking to become active.

If you are just starting to walk, start gradually. If you have any existing medical conditions, please consult your health care provider before starting a new exercise regime.

The above information was compiled from: Step it Up! Surgeon Generals Call for Action



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## Walking Tips

### Clothing and Shoes

- Wear proper clothing for the weather
- Dress in layers
- Wear reflective gear if you are walking at night
- Wear well cushioned athletic wearing shoes
- Avoid wearing shoes that are too big or too small



### Warm up and Stretching

- Start with 3-5 minutes of slow pace walking to warm up the body/muscles
- Start/finish walk with full body stretches to prevent injury and soreness
- Stretching increases flexibility and allows muscles to lengthen
- Hold each exercise for 30 seconds for full benefit

### Intensity

- Walk at a pace that makes you feel like you are working, but that you can still hold a conversation with someone

### Starting Out

- Stand up straight
- Relieve stress points
- Relax shoulders and shake out tension
- Hold hands and fingers loose
- Keep an even stride and maintain steady pace
- Heel to toe motion with feet
- Heel should hit softly on the ground first

### Other Tips

- Start Slow
- Don't ignore pain
- Drink lots of water
- Don't use weights

Walking Tips: Provided by Angie Conto from the Wisconsin Athletic Club in Wauwatosa