

Benefits of walking:

1. Helps maintain a healthy weight
2. Reduces risk of various conditions:
 - Heart disease
 - High blood pressure
 - Type 2 diabetes
3. Strengthens bones and muscles
4. Improves your balance and coordination
5. Improves sleep
6. Improves mood
7. Improves blood circulation
8. Helps digestion

How to walk the most efficiently:

1. Rigorous walking
 - a. Duration: 30-45 minutes
 - b. Intensity: High (You should be breathing hard towards end)
 - c. Repetition: 4-5 times / week [150 minutes / week total]
2. Light walk (for digestion)
 - a. Duration: 20 minutes
 - b. Intensity: Low
 - c. Repetition: Daily (try after every meal, but definitely after dinner)

Helpful points:

1. If you have knee problems:
 - a. Get a brace / knee band (available at Rite-Aid, CVS, Target)
 - b. Ice your knee: Ice the painful area in intervals of 20 minutes (off and on). Tie an ice bag against leg with a cloth. If an ice pack is not accessible, put a few small cubes of ice in a Ziploc bag.
 - c. Soak area of inflammation in Epsom salt (available at Rite-Aid, CVS, Target) and hot water
2. Preventative tips:
 - a. Consider supportive shoes (that are not completely flat)
 - b. Walk on dirt and grass for less impact (uphill and stairs are bad for knees)
3. If rapid breathing is a problem:
 - a. Remember, walking is a preventative care measure, so know when to stop, start slow the first day and build up
 - b. Briskly/ Actively Walk: move your arms, try to regulate breathing, monitor the time and distance walked
 - c. Right way to breathe: breathe in through your nose, breathe out through your mouth
4. Stretching
 - a. Flamingo stretch (for quads): pull left leg up to your bottom and hold for 10 seconds by holding your ankle against your bottom with your left hand. Repeat for right side.
 - b. Sitting toe touch (for hamstrings): sit down, extend your legs flat (do not bend knees) in front of you and reach for your toes as much as your body allows

