



Fitness walking is a great way to lead a more active lifestyle. Fitness walking helps control weight, blood sugar and cholesterol levels as well as improves cardiovascular fitness. People should treat walking like any other exercise and build endurance. Begin your program by walking at a relaxed pace for 10 minutes, working up to 20 minutes every other day at a brisk pace. After you have reached a level of brisk walking for 20 minutes a day, three times a week for one month, increase walking time to 30 minutes a day, three to five times a week. Walks should not last more than an hour and should never exceed five times per week.

What is a brisk pace? A brisk pace is 55-85% of your maximum heart rate. A brisk pace will typically allow a person to walk at three to four miles per hour and carry on a conversation in brief sentences without shortness of breath or fatigue. People who are just beginning a fitness routine should start at the lower range of their maximum heart rate range.

Some things to remember before beginning your fitness walking program:

1. Warm-up before walking. Walk for about 5 minutes at an easy pace and then perform a few simple stretches without bouncing.
2. Wear proper attire for walking, proper clothing fits loosely and allows body heat to dissipate.
3. Choose the correct walking shoe. Shoes that are slightly lighter and provide extra shock in the heel and ball of the shoe work best.
4. Remember to rehydrate after exercise.
5. Anyone over 50, overweight, having high blood pressure, respiratory, or cardiovascular problems should consult a physician before beginning an exercise program.
6. Have fun!

In Michigan, every patient must have a prescription for physical rehabilitation from their physician. Patients have the choice to go where they know they will get the best treatment for their specific goals. At Tri-Rehab, your insurance coverage will be verified and your first appointment will be scheduled within 24 hours.

For more information on related health and wellness, log into www.trirehab.com.