



Walking for Your Health

It's easy, safe, fun, good for you — and it's FREE!

Your health is important. You want to feel good and do good things for your body. Walking is a great solution and is really fun to do with a friend!

Walk anywhere

Walk anywhere that is easy, close and safe. Plan where you will walk before you go. Think of flat areas, such as shopping malls, school tracks or streets near your home. Plan to walk with someone. If you can't walk with someone else, be sure someone knows when and where you are walking.

Talk the walk

You should be able to walk and talk at the same time. If you can't talk because you are gasping for air, you are walking too fast. If you can talk as easy as when you are still, then you should try walking a little faster.

Walking fashion

You probably own all the gear you need! Wear loose-fitting clothes. Wear comfortable shoes that fit well. Well-cushioned shoes, such as athletic shoes, work well. Wear socks to give a little more cushion and to help prevent blisters.

Go 5-5-5

Try to go for a walk most days of the week. Walk slowly for five minutes, and then walk briskly for five minutes. Cool down with five more minutes of slow walking. Increase the time of brisk walking by a few minutes each week.

Not today

- Do not walk if you are not feeling well. For example, skip a day when you have a cold or if you have a fever. Wait for 24 hours after your temperature has returned to normal before you walk for exercise again.
- Do not walk outdoors if the weather is too hot or too cold. Find an indoor place, like a mall, to walk when it's snowing or raining.
- Do not walk right after you eat a meal. Your heart is busy pumping blood to digest your meal. Wait at least an hour before you take a walk.

If you miss more than three days of walking, decrease your time and begin again slowly. This is a plan for life, so don't worry too much about "catching up."

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Colorado
Heart Healthy Solutions
Keep the Beat



Colorado Heart Healthy Solutions and CHARLAR are CPC Community Health programs. Get additional information at CPCCommunityHealth.org. This program is sponsored by the Colorado Department of Public Health and Environment through the Cancer, Cardiovascular and Pulmonary Disease Grants Program.