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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Start a Walking Program

By Michael Brooks

Did you know that walking is the number one participation sport in the world? Walking is one of the best things you can do for overall health and wellness. When you walk you use more muscles than any other sport. In fact, walking uses almost all of the 650 muscles and 203 bones found in the human body. So what are you waiting for?

There is not much involved in starting a walking program. You can start immediately and you don't need a coach to teach you how to walk. The equipment required to start is minimal and relatively inexpensive.

Important Equipment

The most important piece of equipment you will need is a good pair of walking or running shoe. Most shoe stores and sporting goods stores should be able to supply you with a good selection. You can also check out some of the online stores, you will find some good sources at DrLeonards.com or FootSmart.com. You may also want to think about getting yourself a pedometer. Pedometers are handy little gadgets that can measure your distance and time and help you keep track of your progress.

Why am I walking?

Now that you have your equipment and are ready to go, it might be nice to know why you are starting a walking program. The health benefits of walking are many and include the following:

- Helps with weight loss.
- Helps to reduce blood pressure
- Reduces the risk of type 2 diabetes
- Relieves stress

How to Start a Walking Program

- Boosts overall energy levels
- Strengthens the heart and reduces the risk of heart disease
- Studies have shown that walking relieves depression and anxiety
- Strengthens your body
- Burns almost the same amount of calories as running

How should I start?

Since walking uses almost all 650 of your muscles it is a very good idea to warm up before you begin a walk. This will loosen up your body and help to avoid injury.

How long should I walk?

You should build up to walking for about one hour. Your current fitness level will determine the length and time of your first walk. Some people will only be able to walk around the block, others will be able to walk the full hour. Do what you feel comfortable with and build from that point. Keep a log to measure your progress. As you become fitter, increase the pace and distance.

Personally, I like to measure my walks in distance. A pedometer will be of great assistance. Measuring your walk in distance helps to compensate for days when you might walk a little slower or faster. After your first few walks try to achieve a brisk pace where you may be puffing a little but you can still talk. Remember, there is not much difference in the amount of energy (calories) expended by walking or running a specified distance.

After you have finished your walk don't forget to cool down. Try to spend about 5 minutes walking slowly. This will allow your heart, lungs and blood flow to return to normal gradually. This decreases strain on your heart and can help to prevent muscle strain and soreness.

JUST DO IT!!!

Hey, you've seen the commercials. Now you just have to commit yourself to walking on a regular schedule. Make it part of your routine just like brushing your teeth. It's easy to do and doesn't require special training or equipment. Just do it!

Mike Brooks has been a life long follower and proponent of the fitness lifestyle. Through his avid research, Mr. Brooks has come to the realization that being healthy is a choice and encompasses not only proper diet but also a fitness regimen that includes the mind, body and soul. Mike Brooks is the publisher and editor-in-chief for the health information site

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Walking for fitness, A Beginning Program

By Kevin Doberstein

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Start of article.

Walking for fitness, A Beginning Program

Warm temperatures, sunshine, summery breezes just incite you to start something active outside. Maybe that walking program you were thinking about all winter. Well here is a beginning-walking program you can follow to help you along. First we will start with some pointers.

Don't use a 6-lane highway as you're walking path. Try to find a safe area to walk if you can.

Use a pair of comfortable shoes preferably with a cushioned sole. Better yet, if you are serious about walking, buy yourself a topnotch pair of walking shoes.

Wear clothing you feel comfortable walking in. Preferably bright upper body clothing if you walk along more heavily traveled roads.

Start gradually with your walking to avoid getting super stiff and sore. Give your muscles a change to get use to it.

Use some light stretching after you are done walking to help bring back some elasticity back into your muscles.

If it is hot outside make sure to drink enough water to keep hydrated.

Walk with good posture by keeping your head up and shoulders back and not slouched ahead.

To reduce getting hit by a car try not wearing headphones.

A Beginning Schedule: This is an 8-week beginner's schedule. By the 8th week your total time will be 30 minutes. When you get done with each week you can progress to the next level. Each walking session starts with a 5-minute warm-up. The aerobic stage starts by increasing the walking speed. A rule of thumb to judge if you are going fast enough is you find yourself swinging your arms with each stride. Next slow down to relax your body and cool off for 5 minutes. If you think you are not ready to progress to the next week, stay at the same level until you feel you are ready.

How to Start a Walking Program

Week One: Warm up 5 minutes, aerobic stage 5 minutes, Cool down 5 minutes

Week Two: Warm up 5 minutes, aerobic stage 7 minutes, Cool down 5 minutes

Week Three: Warm up 5 minutes, aerobic stage 9 minutes, Cool down 5 minutes

Week Four: Warm up 5 minutes, aerobic stage 11 minutes, Cool down 5 minutes

Week Five: Warm up 5 minutes, aerobic stage 13 minutes, Cool down 5 minutes

Week Six: Warm up 5 minutes, aerobic stage 15 minutes, Cool down 5 minutes

Week Seven: Warm up 5 minutes, aerobic stage 18 minutes, Cool down 5 minutes

Week Eight: Warm up 5 minutes, aerobic stage 20 minutes, Cool down 5 minutes

After week eight; Congratulations. You are ready to move up to the advanced level. Your next goal is eventually 30 minutes at aerobic stage.

Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a walking program. We want to make this a healthy start to a better lifestyle.

Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner in Northern Wisconsin. Kevin enjoys walking on the Ice Age Trail in northern Wisconsin with Charliee the Wonder Dog. You can visit his site and join his newsletter at www.nature-boy.bodybuilding.com. You can contact him about articles or bodybuilding at natureboy_bodybuilding@hotmail.com.



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