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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.

Walking for fitness, A Beginning Program

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.

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.

Fitness Woman. Do you need a reason to get fit?

By Kevin Doberstein

Fitness Woman. Do you need a reason to get fit? by Kevin Doberstein

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Fitness Woman. Do you need a reason to get fit?

Oh what a shift! Death and disease from tobacco is being replaced with obesity related diseases. This according to recent study of trends. Heart disease has become the number one killer of women. Obesity from inactivity and very poor eating habits are killing not only women but men also. More children and teenagers are becoming overweight and diabetic. In this article we will concentrate on women and obesity.

First, lets look at the nutrition part of the growing dilemma. Fat from deep fried foods, bad cuts of meat and fats added in cooking compounded with sugar laded foods are the biggest culprit of the expanding waist. Start replacing that donut with an orange or apple. Eat chicken breast meat instead that fat laden bratwurst. Replace the potato chips with lite popcorn for a salty snack. There are web sites that you can check out that will help you in this area. Don't be taken in by some magic pill or potion to help you lose the fat. Cleaning up your eating habits is the best way. Generally the less processing the food went through the better it is for you. Example would be, an apple alone is better for you than apiece of apple pie.

Let's get active!

Now let us touch on the lack of exercise and obesity. Do you have to train for a triathlon to get into shape? No. But you do have to increase your activity part of your lifestyle. Simple steps like getting off the couch while watching TV and taking a walk. Parking in the back part of

the parking lot at work to increase walking distance. You don't really need fancy equipment just to lose a few pounds. Just determination. Or maybe you would like to start Fitness Walking. An excellent low cost workout. You are saying to yourself "what is the difference between walking and Fitness Walking?" With Fitness Walking you pace yourself fast enough to elevate your heart rate. When you reach your targeted heart rate, you are at optimum fat burning. Basically you need a higher quality walking shoe and a program to follow. Or maybe join a yoga or Pilates

class. What ever you think you would like to do and stay at it.

The fact of the matter!

Women may reduce breast cancer 25% to 35% with reasonable exercise. Again you don't have to train for a triathlon to receive the benefits. Drop the extra weight by watching your diet and becoming more active in your lifestyle.

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

Author Bio: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. For more articles about bodybuilding, Fitness Walking, nutrition and a Fitness Walking program you can visit his site and join his newsletter at www.nature-boy-bodybuilding.com. You can contact him at natureboy_bodybuilding@hotmail.com.



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