



Walk Your Way to a Longer, Healthier Life!

LiveLifeWell

Tired of demanding workout routines and fad exercise schemes? Well, there is an easier way to live a longer, healthier life just by incorporating walking into your everyday routine.

Walking Provides All Kinds of Health Benefits

Let's check out some of the health benefits you can get by walking for at least 30 minutes each day.

- Raise your HDL cholesterol (the good cholesterol)
- Lower your LDL cholesterol (the bad cholesterol)
- Lower your blood pressure
- Reduce pain and joint swelling from arthritis
- Increase weight loss and reduce body fat
- Reduce symptoms of depression and anxiety

The key to gaining these health benefits is to **be consistent**. Motivate yourself – or grab a friend – and walk every day!

Get More Out of Your Walks

There are a few important differences between typical “walks around the block” and walking to improve your health. Follow these tips to get the most out of your walks:

1. Take **brisk, purposeful** walks on a regular basis.
 - Walk 5 out of 7 days per week, for 30-60 minutes.
 - Warm up for 5-10 minutes.
 - Walk at your target heart rate for 30-60 minutes.
 - Stop to stretch your muscles.
 - Cool down at a slower pace for 5 minutes.
2. **Carry hand weights**. Incorporating weights into your walk is a great way to gain additional arm strength and burn more calories. Make sure to swing your arms while you walk. Try some lateral arm raises and bicep curls every other block.
3. **Cross train** by varying your walks. If you always do the same walk, your body knows exactly what to expect and it goes into conserve mode. Next time you walk, try to:
 - Walk at different speeds throughout your walk.
 - Map a new route. Walk a shorter or longer distance.
 - Vary the terrain. Walk through a forest, along hilly roads or across a grassy field.
4. **Add some intensity bursts**. If you mix short, intensity bursts into your workouts, your body goes into fat-burning mode after your workout rather than into conserve mode.
 - Try run/walks. Run 1 – 2 blocks; walk 3 – 4 blocks.
 - Incorporate strength exercises. Do lunges for half a block, then tricep extensions, and then walk for a block. Alternate with various strength exercises and repeat.
 - Completing two, intense 15 – 20 minute interval workouts each week is a great start! Work up to an additional, intense, long workout (60 – 90 mins) each week.

•••••

• **Sign Up for Abbott's Walking Program!**

• The 10K-A-Day is a walking program designed to boost your physical activity and help you reach the goal of taking 10,000 steps each day.

• Sign-up today at <https://abbott.10kaday.com> and receive a **free** step counter to track your steps online.

•••••

Check out how many calories you can burn just by walking!

You'll notice in the chart below, you burn more **calories per mile** at very low speeds because you are almost stopping and starting with each step. Meanwhile, at very high speeds you are using more muscle groups with arm motion and a race-walking stride. The additional muscles you're using at high speeds burn more calories with each step.

Speed/Pounds	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	250 lb	275 lb	300 lb
2.0mph	57	68	80	91	102	114	125	142	156	170
3.5mph	52	62	73	83	94	104	114	130	143	156
5.0mph	73	87	102	116	131	145	160	182	200	218

NOTE: The chart of calories burned per mile is based on MET research - metabolic equivalents of various activities.