









Take Charge of Your Health!

Walking

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of comfortable shoes.

Walking will:

-  **Increase the number of calories your body uses**
-  **Give you more energy**
-  **Make you feel good**
-  **Help you relax**
-  **Reduce your stress**
-  **Help you sleep better**
-  **Tone your muscles**
-  **Help control your appetite**



First Steps

Walking right is very important.

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.

Before You Start Walking

Answer the following questions before you begin a walking program:



Y	N	Has your doctor ever told you that you have heart trouble?
Y	N	When you exercise, do you have pains in your chest or on your left side (neck, shoulder or arm)?
Y	N	Do you ever feel faint or have dizzy spells?
Y	N	Do you feel extremely breathless after mild activity?
Y	N	Do you have high blood pressure?
Y	N	Has your doctor told you that you have bone or joint problems, like arthritis, that could get worse if you exercise?
Y	N	Are you over 50 years old and not accustomed to a lot of exercise?
Y	N	Do you have a condition or physical reason not mentioned here that might interfere with an exercise program?

If you answered yes to any of these questions, please check with your health care provider before starting a walking program or other form of exercise.

Safety Tips

Keep safety in mind when you plan your route and the time of your walk.

Walk in the daytime or at night in well-lighted areas.

- ✓ Do not wear jewelry.
- ✓ Do not wear headphones.
- ✓ Be aware of your surroundings.
- ✓ Walk in a group at all times.
- ✓ Notify your local police station of your group's walking time and route.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu