



## Walking Tips

Walking is an excellent way to enhance your general fitness.

Try going for a walk on the days between your exercises.

Try to increase the distance you walk and the time you spend walking.

Take advantage of fine weather to go walking.

Wear comfortable shoes and clothing.

Start with a warm-up – marching on the spot for two minutes.

Your shoulders should be relaxed .

Your arms should swing gently.

Look ahead, not down.

With each step the heel lands first, then you push off on the toes.

Finish with a warm-down – marching on the spot for two minutes.

Enjoy yourself!