

THE POWER OF WALKING

BY WRNW

"I walk all day at work" you say.

That's great! Better than sitting all day BUT do not mistake walking at work for the same cardiovascular benefit (heart loving exercise) as a targeted, specific, moderate intensity, time or distance based walk.

"But is walking even that great of an exercise-am I just wasting my time?"

No! Walking is actually an amazing exercise, when done for the *purpose of exercise*. In fact, it is the preferred method of exercise for those with knee, ankle, or back problems. It is a lower impact exercise, meaning that it is not as stressful on the joints of the body but offers the same heart pumping benefits.

*Want to decrease your blood pressure?
Reduce body fat?
Reduce cholesterol?
Lower depression?
Increase quality of life?
Improve creativity?
Boost memory?
Relieve anxiety?*



What does it take? A DAILY walk. Yes. Daily. Here is the good news-you don't need to take a day off from a walking routine-walking daily is super healthy and your body loves it. Here are some variables to program success:

Incline



Walking up an incline makes our heart beat faster (we are now using more energy in the larger muscles of our body: the glutes, quads, and calves). It is a natural way to put "interval training" into your walk-eventually the hill or incline stops, then your heart rate slows. Rinse and repeat!

Speed



Adjust your speed to one where you can still hold a conversation but you are breathing heavier than normal. Then start interspersing intervals of faster pace back to your baseline to help you build cardio endurance. Try it with music: change your pace with each song, some faster, some slower.

Weight



Intersperse some strength into your routine. Carry dumbbells with you on the walk. Stop at intervals to do 10 squats, lunges, or push ups. Varying your routine and the weight on the body will help to add intensity.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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