**Staying Safe**

- Getting out and about may take you into different situations. Traffic rules or bad weather, and even other people may pose some risks. Take sensible steps to make sure you’re safe.

**Walking Safely**

- Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and form a few simple habits to stay safe.

- Any activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**Keep a Comfortable Speed**

- You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:
  - You have a hard time catching your breath.
  - You feel faint, dizzy, or sick to your stomach.
  - Your heart is pounding.
  - You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

**Check the Weather**

- It’s hot outside. Walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.

- If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.

**Special Considerations**

- Having certain health conditions, such as diabetes or angina, means taking extra care. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

**If You Have Diabetes**

- **Eat 1 to 2 hours before walking.**
  - Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
  - Carry glucose tablets or a snack with you.

- **Carry a water bottle to stay hydrated.** Drink plenty of water, even if you’re not thirsty.

- **Wear a medical alert bracelet or carry ID that says you have diabetes.**

**If You Have Angina**

- If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:
  - Take a dose of nitroglycerin as directed.
  - If it’s hot outside, take 5 minutes after taking it.

- If an activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**If You Have Diabetes**

- **Eat 1 to 2 hours before walking.**
  - Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
  - Carry glucose tablets or a snack with you.

- **Carry a water bottle to stay hydrated.** Drink plenty of water, even if you’re not thirsty.

- **Wear a medical alert bracelet or carry ID that says you have diabetes.**

**If You Have Angina**

- If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:
  - Take a dose of nitroglycerin as directed.
  - If it’s hot outside, take 5 minutes after taking it.

- If an activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**Keep a Comfortable Speed**

- You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:
  - You have a hard time catching your breath.
  - You feel faint, dizzy, or sick to your stomach.
  - Your heart is pounding.
  - You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

**Check the Weather**

- It’s hot outside. Walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.

- If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.

- **Whether it’s hot or cold, consider places to walk indoors, such as a mall or gym.**

**Keep On Walking!**

- Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

**Get Activities into Your Day**

- **Small activities add up. So don’t save them for later.**

- **Ask your local college, gym, church, recreation department, mall, or hospital to help connect you with other walkers.** If you can’t find an existing group, form your own!

- **Park the car at the end of the lot or walk around during the commercials.**

- **Ride a stationary bike while watching TV, movie, or television program.**

- **Garden, mow the lawn, or wash your car.**

- **Actively play with your kids or grandkids when you have the opportunity.**

- **Take an exercise class at your local community center,** or visit a museum, shopping mall, or fitness center.

- **Bored with routine**

- **Too busy to walk**

- **Company comes to visit**

- **Move around the house as you can!**

- **Take an exercise class**

- **Meet others who walk**

- **Challenges Solutions**

- **Bad weather**

  - **Company comes to visit**

  - **Too busy to walk**

  - **Not feeling well**

  - **Bored with routine**

  - **Buddy can’t join me**

- **Special Considerations**

  - **If you have diabetes**

  - **If you have angina**

- **Tips for Getting Started**

- **For further instructions.**

- **For professional medical care. Only your doctor can diagnose and treat a medical problem. This FastGuide is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.**
Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you're ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It's fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don't have to prove anything to anyone.

What to Wear?
You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear shorts and a T-shirt. If it's cold, dress in layers.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you're ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It's fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don't have to prove anything to anyone.

What to Wear?
You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear shorts and a T-shirt. If it's cold, dress in layers.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you're ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It's fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don't have to prove anything to anyone.

What to Wear?
You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear shorts and a T-shirt. If it's cold, dress in layers.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you're ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It's fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don't have to prove anything to anyone.

What to Wear?
You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear shorts and a T-shirt. If it's cold, dress in layers.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you're ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It's fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don't have to prove anything to anyone.

What to Wear?
You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear shorts and a T-shirt. If it's cold, dress in layers.

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep it. Remember your reasons for being active.

Stroll: Speed Up Gently
Start walking slowly. Take 5 minutes to ease on up to a full stride. Warming up like this loosens your muscles and raises your heart rate little by little.

Stride: Move Briskly
At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you're ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you're doing it right!
Get Moving

If your healthcare provider has told you to be more active, it’s time to get up, get out, and get moving. Walking is the easiest way to start. You did it when you were a kid, and you can do it again. Walking will help you improve your health—now and in the future.

Good for Both Mind and Body

Being active is good for you in many ways. It’s good for your body, your mind, and even your social life. Some of the benefits of walking are listed below. Can you think of others that matter to you?

**Your Body**
- Better overall health
- Longer life
- Lower heart disease risk
- Lower stroke risk
- Lower weight
- Lower blood pressure
- Better blood sugar control
- Better cholesterol counts
- Lower risk of some cancers
- More limber muscles
- More energy
- More fun
- Feeling more relaxed
- Improved concentration
- Better sense of well-being
- More blood circulation

**Your Mind**
- Better mood
- More energy
- Better sleep
- Better concentration
- Better sense of well-being
- Better overall health
- Better blood circulation
- Better sleep
- More energy
- Better mood
- More fun
- Feeling more relaxed
- Improved concentration
- Better sense of well-being
- More blood circulation

Your Reasons to Be More Active

If you don't really care about being more active, you won't do it. It doesn't matter what other people think you should do. Your own motivation is the only thing that will get you up and about. Decide why it's important to you to be more active. Write down your reasons and read the list often to remind yourself. Add to the list as new reasons come to mind.

Beating Excuses

We all make excuses for why we can't be more active. There's some truth behind every excuse. But recognize your excuses for what they are. Don't let them hold you back.

**Excuse**
- I just don't want to.
- I don't have time.
- I'm not athletic.
- Exercise hurts.
- I'm too old to start.

**Truth**
- I'm too old to exercise.
- You have time for what you choose to do.
- I'm not too old to start.
- You might be successful if you try it.
- I don’t want to be healthy, don’t you?

Getting Started

Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- If you’re ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?

- Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Your Walking Game Plan

The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?

You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear lightweight clothing. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather uppers, cushioned soles, and good arch support.

What to Wear?

- No special clothes or fancy gear needed.
- Any comfortable clothes are fine.
- Lightweight clothing for hot weather.
- Shoes with nylon or leather uppers.
- Cushioned soles.
- Good arch support.

Getting Started

Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it's walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you’re ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?

- Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Your Walking Game Plan

The goal is to make walking a habit. So come up with a game plan that works for you. You're not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?

You don't need special clothes or fancy gear. Any comfortable clothes are fine. If it's hot, wear lightweight clothing. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather uppers, cushioned soles, and good arch support.

What to Wear?

- No special clothes or fancy gear needed.
- Any comfortable clothes are fine.
- Lightweight clothing for hot weather.
- Shoes with nylon or leather uppers.
- Cushioned soles.
- Good arch support.

Make Walking a Lifelong Goal

What if you skip walking for a while? Put the laps in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep it up. Remember your reasons for being active.

Stroll: Taper Down

Now spend 5 minutes slowing back down. This lowers your heart rate and blood pressure gently. That helps to keep you from feeling lightheaded. This is very important if you take certain blood pressure medications.

Stretch: Stay Limber

Finish by gently stretching your legs and arms. Do it in slow motion for 5 minutes. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Hitting Your Stride

Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently

Start walking slowly. Take 5 minutes to ease on up to a full stride. Warming up like this loosens your muscles and raises your heart rate little by little.

Stride: Move Briskly

At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you're doing it right!
Beating Excuses

We all make excuses for why we can’t be more active. There’s some truth behind every excuse. But recognize your excuses for what they are. Don’t let them hold you back.

Truth

• Just sitting around is a risk.
• You’re never too old to start.
• You have time for what you choose to do.
• Walking isn’t a competition.
• If it hurts, you’re overdressing.
• You do want to be healthier, don’t you?

Your Reasons to Be More Active

If you don’t really care about being more active, you won’t do it. It doesn’t matter what other people think you should do. Your own motivation is the only thing that will get you up and about. Decide why it’s important to you to be more active. Write down your reasons and read the list often to remind yourself. Add to the list as new reasons come to mind.

Getting Started

Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

• Start with easy steps, like a short walk around the block before you pick up the mail.
• Get up and walk around the house during TV commercials.
• When you’re ready, move on to strolls for at least 15 minutes at a time.
• Work up to brisk walks most days of the week.

Hitting Your Stride

Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently

Start walking slowly. Take 5 minutes to ease into a moderate pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Taper Down

Now spend 5 minutes slowing back down. This lowers your heart rate and blood pressure gently. That helps to keep you from feeling lightheaded. This is very important if you take certain blood pressure medications.

Stretch: Stay Limber

Finish by gently stretching your legs and arms. Do it in slow motion for 5 minutes. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Your Walking Game Plan

The goal is to make walking a habit. So come up with a game plan that works for you. You’re not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?

You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.

What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep at it. Remember your reasons for being active.

Make Walking a Lifelong Goal
Get Moving
If your healthcare provider has told you to be more active, it’s time to get up, get out, and get moving. Walking is the easiest way to start. You did it when you were a kid, and you can do it again. Walking will help you improve your health—now and in the future.

Good for Both Mind and Body
Being active is good for you in many ways. It’s good for your body, your mind, and even your social life. Some of the benefits of walking are listed below. Can you think of others that matter to you?

Your Body
• Better overall health
• Longer life
• Lower heart disease risk
• Lower stroke risk
• Lower weight
• Lower blood pressure
• Better blood sugar control
• Better cholesterol counts
• Lower risk of some cancers
• More limber muscles
• Lower osteoporosis risk
• Better blood circulation

Your Mind
• Less stress
• Better sleep
• More energy
• Better mood
• More fun
• Feeling more relaxed
• Improved concentration
• Better sense of well-being
• Meet more people
• Pride of accomplishment

Your Reasons to Be More Active
If you don’t really care about being more active, you won’t be. It doesn’t matter what other people think you should do. Your own motivation is the only thing that will get you up and about. Decide why it’s important to you to be more active. Write down your reasons and read the list often to remind yourself. Add to the list as new reasons come to mind.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:
• Start with easy steps, like a short walk around the block before you pick up the mail.
• Get up and walk around the house during TV commercials.
• When you’re ready, move on to strolls for at least 15 minutes at a time.
• Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Hitting Your Stride
Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently
Start walking slowly. Take 5 minutes to ease up. Breathe normally. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Stride: Move Briskly
At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you’re doing it right!

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep it up. Remember your reasons for being active.

Walking with other people may give you the structure and support to keep it up. Remember your reasons for being active.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:
• Start with easy steps, like a short walk around the block before you pick up the mail.
• Get up and walk around the house during TV commercials.
• When you’re ready, move on to strolls for at least 15 minutes at a time.
• Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Hitting Your Stride
Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently
Start walking slowly. Take 5 minutes to ease up. Breathe normally. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Stride: Move Briskly
At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you’re doing it right!

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep it up. Remember your reasons for being active.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You’re not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?
You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.

Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:
• Start with easy steps, like a short walk around the block before you pick up the mail.
• Get up and walk around the house during TV commercials.
• When you’re ready, move on to strolls for at least 15 minutes at a time.
• Work up to brisk walks most days of the week.

How Long Should You Walk?
Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Hitting Your Stride
Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently
Start walking slowly. Take 5 minutes to ease on up to a full stride. Warming up like this loosens your muscles and raises your heart rate little by little.

Stride: Move Briskly
At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you’re doing it right!

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep it up. Remember your reasons for being active.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You’re not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?
You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.
Getting Started
Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:
• Start with easy steps, like a short walk around the block before you pick up the mail.
• Get up and walk around the house during TV commercials.
• When you’re ready, move on to strolls for at least 15 minutes at a time.
• Work up to brisk walks most days of the week.

Hitting Your Stride
Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stroll: Speed Up Gently
Start walking slowly. Take 5 minutes to ease on up to a full stride. Warming up like this loosens your muscles and raises your heart rate little by little.

Stride: Move Briskly
At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you’re doing it right!

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep at it. Remember your reasons for being active.

Stroll: Taper Down
Now spend 5 minutes slowing back down. This lowers your heart rate and blood pressure gently. That helps to keep you from feeling light-headed. This is very important if you take certain blood pressure medications.

Stretch: Stay Limber
Finish by gently stretching your legs and arms. Do it in slow motion for 5 minutes. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Your Walking Game Plan
The goal is to make walking a habit. So come up with a game plan that works for you. You’re not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?
You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.

Your Reasons for Being More Active
If you don’t really care about being more active, you won’t do it. It doesn’t matter what other people think you should do. Your own motivation is the only thing that will get you up and about. Decide why it’s important to you to be more active. Write down your reasons and read the list often to remind yourself. Add to the list as new reasons come to mind.

What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep at it. Remember your reasons for being active.

Make Walking a Lifelong Goal
What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep at it. Remember your reasons for being active.
Get Moving

If your healthcare provider has told you to be more active, it’s time to get up, get out, and get moving. Walking is the easiest way to start. You did it when you were a kid, and you can do it again. Walking will help you improve your health—now and in the future.

Good for Both Mind and Body

Being active is good for you in many ways. It’s good for your body, your mind, and even your social life. Some of the benefits of walking are listed below. Can you think of others that matter to you?

<table>
<thead>
<tr>
<th>Your Body</th>
<th>Your Mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better overall health</td>
<td>Less stress</td>
</tr>
<tr>
<td>Longer life</td>
<td>Better sleep</td>
</tr>
<tr>
<td>Lower heart disease risk</td>
<td>More energy</td>
</tr>
<tr>
<td>Lower stroke risk</td>
<td>More fun</td>
</tr>
<tr>
<td>Lower weight</td>
<td>Feeling more</td>
</tr>
<tr>
<td>Lower blood pressure</td>
<td>Improved</td>
</tr>
<tr>
<td>Better blood sugar control</td>
<td>Concentration</td>
</tr>
<tr>
<td>Better cholesterol levels</td>
<td>More relaxed</td>
</tr>
<tr>
<td>Lower risk of some cancers</td>
<td>Better sense of well-being</td>
</tr>
<tr>
<td>More limber muscles</td>
<td>Meet more people</td>
</tr>
<tr>
<td>More blood circulation</td>
<td>Pride of accomplishment</td>
</tr>
</tbody>
</table>

Your Reasons to Be More Active

If you don’t really care about being more active, you won’t do it. It doesn’t matter what other people think you should do. Your own motivation is the only thing that will get you up and about. Decide why it’s important to you to be more active. Write down your reasons and read the list often to remind yourself. Add to the list as new reasons come to mind.

<table>
<thead>
<tr>
<th>Excuse</th>
<th>Truth</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ll give me a heart attack.</td>
<td>I’m too old to exercise.</td>
</tr>
<tr>
<td>I don’t have time.</td>
<td>You have time for what you choose to do.</td>
</tr>
<tr>
<td>I’m not athletic.</td>
<td>Walking isn’t a competition.</td>
</tr>
<tr>
<td>Exercise hurts.</td>
<td>If it hurts, you’re overdoing it.</td>
</tr>
<tr>
<td>I just don’t want to.</td>
<td>You do want to be healthier, don’t you?</td>
</tr>
</tbody>
</table>

Getting Started

Do what you can today. Tomorrow, do a little more. Then a little more. Maybe it’s walking a bit farther, a bit faster, or a bit more often. Keep progressing—but keep it gradual. Try these tips:

- Start with easy steps, like a short walk around the block before you pick up the mail.
- Get up and walk around the house during TV commercials.
- When you’re ready, move on to strolls for at least 15 minutes at a time.
- Work up to brisk walks most days of the week.

How Long Should You Walk?

Aim for at least 150 minutes of moderate activity a week. It’s fine to do 15 minutes twice a day or 10 minutes 3 times a day. Exercise is like pocket change. Four quarters are just as good as a dollar bill.

Hitting Your Stride

Each time you go for a walk, gradually build up to a brisk pace. Then gradually slow down. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Make Walking a Lifelong Goal

What if you skip walking for a while? Put the lapse in the past and take your next walk today. Schedule times to walk. Walking with other people may give you the structure and support to keep at it. Remember your reasons for being active.

Stroll: Speed Up Gently

Start walking slowly. Take 5 minutes to ease up with a game plan that works for you. The goal is steady, fluid progress—not wearing yourself out. Break each walking session into phases: Stroll, Stride, Stroll, Stretch. Gradually work up to the pace you would walk if you were hurrying to an appointment. Then ease back down.

Stride: Move Briskly

At first, walk briskly for 1 or 2 minutes. Gradually build up to 5 minutes, then 10. When you’re ready, start working up to 20 minutes, then 30. A moderate pace is all you need. If you can talk, but not sing, you’re doing it right!

Stroll: Taper Down

Now spend 5 minutes slowing back down. This lowers your heart rate and blood pressure gently. That helps to keep you from feeling lightheaded. This is very important if you take certain blood pressure medications.

Stretch: Stay Limber

Finish by gently stretching your legs and arms. Do it in slow motion for 5 minutes. Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Your Walking Game Plan

The goal is to make walking a habit. So come up with a game plan that works for you. You’re not competing with anybody, and you don’t have to prove anything to anyone.

What to Wear?

You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.

What to Prove?

Don’t use jerky movements. Hold each stretch a few seconds. If a stretch hurts, ease up. Breathe normally.

Your Reasons to Be More Active

You’re never too old to start. You did it when you were a kid, and you can do it again. Walking will help you improve your health—now and in the future.

Your Reasons to Be More Active

You don’t need special clothes or fancy gear. Any comfortable clothes are fine. If it’s hot, wear shorts and a T-shirt. If it’s cold, dress in layers. To protect your feet, wear shoes that fit well. Choose shoes with nylon or leather on top, cushioned soles, and good arch support.

Beating Excuses

We all make excuses for why we can’t be more active. There’s some truth behind every excuse. But recognize your excuses for what they are. Don’t let them hold you back.

Excuse | Truth
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I just don’t want to.</td>
<td>Exercise hurts.</td>
</tr>
<tr>
<td>I don’t have time.</td>
<td>You have time for what you choose to do.</td>
</tr>
<tr>
<td>I’m not athletic.</td>
<td>Walking isn’t a competition.</td>
</tr>
<tr>
<td>Exercise hurts.</td>
<td>If it hurts, you’re overdoing it.</td>
</tr>
<tr>
<td>I just don’t want to.</td>
<td>You do want to be healthier, don’t you?</td>
</tr>
</tbody>
</table>

Wrist weights are just as good as a dollar bill.
**Start Off on the Right Foot**
Find ways to make walking fun. Walk with buddies. Scout places you’d enjoy walking. Do your errands on foot. Join a charity walk. Tell your friends, family, and health care provider about your new habit.

**Count Your Steps**
A pedometer is a low-cost device that counts how many steps you take. It helps you track your progress toward specific goals. It also reveals trends about your walking habits. Wear one all day. Then review your daily total steps. Try to add a few more steps each day. Aim for a goal of walking 10,000 steps a day.

**Find or Form a Group**
Ask your local college, church, recreation department, mall, or hospital to help connect you with other walkers. If you can’t find an existing group, form your own!

**Get Activities into Your Day**
Small activities add up. So don’t save housework or walk around during the commercials.

**Staying Safe**
Get out and about may take you into different situations. Traffic signs can block the weather, and even other people may pose some risks. Take sensible steps to make sure you’re safe.

**Walking Safely**
Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and form a few simple habits to stay safe.
- Walk with a partner or group, if possible.
- Always walk on the sidewalk. If there is no sidewalk, walk against traffic.
- Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.
- Carry a cell phone in case of emergency.
- Carry any medications for chronic conditions, such as fast-acting glucose for diabetes or nitroglycerin for angina.
- If you are walking late in the day or at night, wear blinking lights or reflectors on your clothing. Also, carry a flashlight.

**Don’t Overdo It**
An activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**Keep a Comfortable Speed**
You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:
- You have a hard time catching your breath.
- You feel faint, dizzy, or sick to your stomach.
- Your heart is pounding.
- You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

**Don’t Take Chances**
If you have any of the warning signs above, slow down right away. If any signs occur suddenly and won’t go away with rest or medications, call 911. If new symptoms occur, see your healthcare provider and take a break from walking until you are cleared to start again.

**Check the Weather**
It’s hot outside, walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.
If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.
- Whether it’s hot or cold, consider places to walk indoors, such as a mall or gym.

**Special Considerations**
Having certain health conditions, such as diabetes, heart disease, or arthritis, can make walking a challenge. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

**If You Have Diabetes**
- Eat 1 to 2 hours before walking.
- Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
- Carry glucose tablets or a snack with you.
- Wear seamless cotton socks and shoes that fit well.
- After each walk, check your blood sugar. Also check your feet for blisters, sores, and cuts that are red and tender.
- You may need a snack after the activity.
- Wear a medical alert bracelet or carry ID that says you have diabetes.

**If You Have Angina**
If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:
- Take a dose of nitroglycerin as directed.
- Wait 5 minutes after taking it.
- If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay. You may be having a heart attack.
- After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses within 15 minutes. Stay on the phone with 911 for further instructions.

**Tips for Getting Started**
- **Challenges**
  - Bad weather
  - Too busy to walk today
  - Not feeling well
  - Bored with routine
  - Buddy can’t join me
- **Solutions**
  - Walk indoors (museum, shopping mall, gym)
  - Take them along
  - Walk a few minutes at a time
  - Move around the house as you can
  - Take an exercise class
  - Meet others who walk
### Walking for Better Health

#### Getting Started

**Start Off on the Right Foot**

Find ways to make walking fun. Walk with buddies. Scout places you’d enjoy walking. Do your errands on foot. Join a charity walk. Tell your friends, family, and health-care provider about your new habit.

**Count Your Steps**

A pedometer is a low-cost device that counts how many steps you take. It helps you track your progress toward specific goals. It also reveals trends about your walking habits. Wear one all day. Then review your daily total steps. Try to add a few more steps each day. Aim for a goal of walking 10,000 steps a day.

**Find or Form a Group**

Ask your local college, church, recreation department, mall, or hospital to help connect you with other walkers. If you can’t find an existing group, form your own!

### Staying Safe

**Staying Safe**

Get out and about may take you into different situations. Traffic consists of cars or bikes, and the weather, and even other people may pose some risks. Take sensible steps to make sure you’re safe.

**Walking Safely**

Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and form a few simple habits to stay safe.

- **Walk with a partner or group, if possible.**
- **Always walk on the sidewalk. If there is no sidewalk, walk against traffic.**
- **Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.**
- **Carry a cell phone in case of emergency.**
- **Carry any medications for chronic conditions, such as fast-acting glucose for diabetes or nitroglycerin for angina.**
- **If you are walking late in the day or at night, wear blinking lights or reflectors on your clothing. Also, carry a flashlight.**

**Keep on Walking!**

- **Take an exercise class (museum, shopping mall).**
- **Meet others who walk (company comes to visit).**
- **Walk a few minutes indoors, such as at a mall or gym.**
- **If you take nitroglycerin for angina, always carry an ID that says you have diabetes.**

### Don’t Overdo It

Don’t overdo it — an activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**Keep a Comfortable Speed**

You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:

- **You have a hard time catching your breathing.**
- **You feel faint, dizzy, or sick to your stomach.**
- **Your heart is pounding.**
- **You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).**

**Check the Weather**

- **It’s hot outside, walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.**
- **If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.**
- **Whether it’s hot or cold, consider places to walk indoors, such as at a mall or gym.**

**Special Considerations**

Having certain health conditions, such as diabetes or angina, means taking extra care. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

**If You Have Diabetes**

- **Eat 1 to 2 hours before walking.**
- **Check your blood sugar before you walk.**
- **If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)**
- **Carry glucose tablets or a snack with you.**
- **Wear seamless cotton socks and shoes that fit well.**
- **After each walk, check your blood sugar. Also check your feet for blisters, sores, and callus that are red and tender.**
- **You may need a snack after the activity.**
- **Wear a medical alert bracelet or carry ID that says you have diabetes.**

**If You Have Angina**

If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:

- **Take a dose of nitroglycerin as directed.**
- **Give 5 minutes after taking it.**
- **If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay. You may be having a heart attack.**
- **After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses within 15 minutes. Stay on the phone with 911 for further instructions.**

**Keep On Walking!**

Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

**Challenges**

- **Bad weather**
- **Not feeling well**
- **Company comes to visit**
- **Too busy to walk today**
- **Move around the house as you can**
- **Take an exercise class**

**Solutions**

- **Walk indoors (museum, shopping mall, gym)**
- **Take them along**
- **Take a walk a few minutes at a time**
- **Meet others who walk**
- **Bored with routine**
- **Buddy can’t join me**

---

© 2014 The StayWell Company, LLC. www.staywell.com

This booklet has been customized for the Will Rogers Institute. All rights reserved. Made in the USA.

©2014 The StayWell Company, LLC. www.staywell.com 800-333-3032. This booklet has been customized for the Will Rogers Institute. All rights reserved. Made in the USA.
Getting out and about may take you into different situations. Traffic, cars or bikes, the weather, and even other people may pose some risks. Take sensible steps to make sure you’re safe.

**Walking Safely**
Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and form a few simple habits to stay safe.
- Walk with a partner or group, if possible.
- Always walk on the sidewalk. If there is no sidewalk, walk against traffic.
- Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.
- Carry a phone in case of emergency.
- Carry any medications for chronic conditions, such as fast-acting glucos for diabetes or nitroglycerin for angina.
- If you are walking late in the day or at night, wear blinking lights or reflectors on your clothing. Also, carry a flashlight.

**Don’t Overdo It**
If an activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

**Keep a Comfortable Speed**
You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:
- You have a hard time catching your breath.
- You feel faint, dizzy, or sick to your stomach.
- Your heart is pounding.
- You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

**Don’t Take Changes**
If you have any of the warning signs above, slow down right away. If any signs occur suddenly and won’t go away with rest or medications, call 911. If new symptoms occur, see your healthcare provider and take a break from walking until you are cleared to start again.

**Check the Weather**
It’s hot outside, walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.
- If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.
- Whether it’s hot or cold, consider places to walk indoors, such as a mall or gym.

**Staying Safe**

**Special Considerations**
Having certain health conditions, such as diabetes or nitroglycerin for angina, means taking extra care. Having certain health conditions, such as diabetes or angina, means taking extra care. Ask your healthcare provider for guidance specific to your needs.

**If You Have Diabetes**
- **Eat 1 to 2 hours before walking.**
- **Check your blood sugar before you walk.** If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
- **Carry glucose tablets or a snack with you.**
- **Wear seamless cotton socks and shoes that fit well.**
- **After each walk, check your blood sugar.**
- **Also check your feet for blisters, sores, and redness or pain.**
- **You may need a snack after the activity.**
- **Wear a medical alert bracelet or carry ID that says you have diabetes.**

**If You Have Angina**
If you take nitroglycerin for angina, always carry it with you. If you get ananga white walking, sit down right away. If pain persists:
- **Take a dose of nitroglycerin as directed.**
- **Stay for 5 minutes after taking it.**
- **If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay. You may be having a heart attack.**
- **After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses within 15 minutes. Stay on the phone with 911 for further instructions.**

**Keep On Walking!**
Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

**Challenges**
- Bad weather
- Company comes to visit
- Too busy to walk today
- Not feeling well
- Bored with routine
- Buddy can’t join me

**Solutions**
- Walk indoors (museum, shopping mall, gym)
- Take them along
- Walk a few minutes at a time
- Move around the house as you can
- Take an exercise class
- Meet others who walk

**Find or Form a Group**
Ask your local college, gym, church, recreation department, mall, or hospital to help connect you with other walkers. If you can’t find an existing group, form your own!

- Walk with a partner or group, if possible.
- Always walk on the sidewalk. If there is no sidewalk, walk against traffic.
- Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.
- Carry a phone in case of emergency.
- Carry any medications for chronic conditions, such as fast-acting glucos for diabetes or nitroglycerin for angina.
- If you are walking late in the day or at night, wear blinking lights or reflectors on your clothing. Also, carry a flashlight.

**Get Activities into Your Day**
Small activities add up. So don’t save...
### Walking for Better Health

#### Start Off on the Right Foot
Find ways to make walking fun. Walk with buddies. Scout places you’d enjoy walking. Do your errands on foot. Join a charity walk. Tell your friends, family, and health-care provider about your new habit.

#### Count Your Steps
A pedometer is a low-cost device that counts how many steps you take. It helps you track your progress toward specific goals. It also reveals trends about your walking habits. Wear one all day. Then review your daily total steps. Try to add a few more steps each day. Aim for a goal of walking 10,000 steps a day.

#### Find or Form a Group
Ask your local college, gym, church, recreation department, mall, or hospital to help connect you with other walkers. If you can’t find an existing group, form your own!

#### Get Activities into Your Day
Small activities add up. So don’t save
• Ride a stationary bike while watching TV, gardening, mowing the lawn, or washing your car.
• Dust, and wash windows.
• Housework counts! Vacuum, mop, clean, and wash windows.
• Walk to the post office, bank, or store.
• Take the stairs instead of the elevator.
• Walk indoors, such as at a mall or gym.

#### Walking Safely
Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and
• Take an exercise class (museum, shopping mall, gym)
• Take a walk in a few minutes at a time. Move around. Ask your healthcare provider what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

#### Keep a Comfortable Speed
Aim for a goal of walking 10,000 steps a day. A
• Hold a steady pace.
• Be sure to walk indoors.
• Check the Weather
• Don’t Overdo It
An activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or
• Always walk on the sidewalk. If there is no sidewalk, walk against traffic.
• Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.
• Carry a cell phone in case of emergency.
• Carry any medications for chronic conditions, such as fast-acting glucos
• You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

#### Don’t Take Chances
If you have any of the warning signs above, slow down right away. If any signs occur and won’t go away with rest or medications, call 911. If new symptoms occur, see your healthcare provider and take a break from walking until you are cleared to start again.

#### Check the Weather
• If it’s hot outside, wear cool clothes that
• If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.
• Whether it’s hot or cold, consider places to walk indoors, such as at a mall or gym.

### Tips for Getting Started

#### Challenges
• Bad weather
• Company comes to visit
• Too busy to walk today
• Not feeling well
• Bored with routine
• Buddy can’t join me

#### Solutions
• Walk indoors (museum, shopping mall, gym)
• Take them along
• Walk a few minutes at a time
• Move around. Ask your healthcare provider what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

#### Keep On Walking!
Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

#### Special Considerations
Having certain health conditions, such as diabetes or angina, means taking extra care. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

#### If You Have Diabetes
• Eat 1 to 2 hours before walking.
• Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
• Carry glucose tablets or a snack with you.
• Wear seamless cotton socks and shoes that fit well.
• After each walk, check your blood sugar. Also check your feet for blisters, sores, and callus that are red and tender.
• You may need a snack after the activity.
• Wear a medical alert bracelet or carry ID that says you have diabetes.

#### If You Have Angina
If you take nitroglycerin for angina, always carry it with you. If you get angina white walking, sit down right away. If pain persists:
• A dose of nitroglycerin as directed. Give for 5 minutes after taking it.
• If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay. You may be having a heart attack.
• After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses within 15 minutes. Stay on the phone with 911 for further instructions.
Get Activities into Your Day

Aim for a goal of walking 10,000 steps a day. Try to add a few more steps each day. Go out of your way to:

- Walk to the post office, bank, or store.
- Take the stairs instead of the elevator.
- Walk indoors, such as at a mall or gym.

Don’t Overdo It

If an activity hurts, you’re overdoing it. It’s normal to feel a little stiff or sore the day after you start a walking program. But if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you’re sick or have an injury that hurts when you walk, stop until you heal. Ask your healthcare provider when it’s okay to start again.

Keep a Comfortable Speed

You should be able to talk while walking. If you can’t, slow down. Here are some other signs of walking too fast:

- You have a hard time catching your breath.
- You have a hard time talking.
- Your heart is pounding.
- You get symptoms of angina (discomfort, pressure, tightness, or pain in your chest, arm, or neck).

Don’t Take Chances

If you have any of the warning signs above, slow down right away. If any signs occur at first and won’t go away with rest or medications, call 911. If new symptoms occur, see your healthcare provider and take a break from walking until you are cleared to start again.

Check the Weather

It’s hot outside, walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.

If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.

- Whether it’s hot or cold, consider places to walk indoors, such as at a mall or gym.

Special Considerations

Having certain health conditions, such as diabetes, may make walking a meal planning or extra care. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

If You Have Diabetes

- Eat 1 to 2 hours before walking.
- Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
- Carry glucose tablets or a snack with you.
- Wear seamless cotton socks and shoes that fit well.
- After each walk, check your blood sugar. Also check your feet for blisters, sores, or cuts that are red and tender.
- You may need a snack after the activity.
- Wear a medical alert bracelet or carry ID that says you have diabetes.

If You Have Angina

If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:

- Take a dose of nitroglycerin as directed.
- Sit for 5 minutes after taking it.
- If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay.
- You may be having a heart attack.
- After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses in 15 minutes. Stay on the phone with 911 for further instructions.

Keep On Walking!

Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

Tips for Getting Started

1. Find or Form a Group
   - Ask your local college, the church, recreation department, mall, or hospital to help connect you with other walkers. If you can’t find an existing group, form your own!

2. Get Activities into Your Day
   - Small activities add up. So don’t save them. Start off on the right foot:
     - Park the car at the end of the lot.
     - Use the stairs instead of the elevator.
     - Walk around during the commercials.
     - Walk indoors, such as at a mall or gym.

3. Staying Safe
   - Get out and about may take you into different situations. Traffic (cars or bikes), weather, and even other people may pose some risks. Take sensible steps to make sure you’re safe.

4. Walking Safely
   - Pick a safe place to walk. Stay on smooth surfaces. Take a few things with you and form a few simple habits to stay safe.
     - Walk with a partner or group, if possible.
     - Always walk on the sidewalk. If there is no sidewalk, walk against traffic.
     - Carry a water bottle to stay hydrated. Drink plenty of water, even if you’re not thirsty.

5. Don’t Take Chances
   - If you have any of the warning signs above, slow down right away. If any signs occur at first and won’t go away with rest or medications, call 911. If new symptoms occur, see your healthcare provider and take a break from walking until you are cleared to start again.

6. Check the Weather
   - It’s hot outside, walk during the cooler parts of the day. Look for shady routes. Wear a hat, sunglasses, and sunscreen to protect you from the sun.
   - If it’s cold outside, wear clothing that will protect you from the cold, rain, snow, or wind.
   - Whether it’s hot or cold, consider places to walk indoors, such as at a mall or gym.

7. Special Considerations
   - Having certain health conditions, such as diabetes, may make walking an extra care. Follow the tips below, and ask your healthcare provider for guidance specific to your needs.

8. If You Have Diabetes
   - Eat 1 to 2 hours before walking.
   - Check your blood sugar before you walk. If your blood sugar is low, you may need a snack before walking. (Your healthcare provider will give you specific numbers.)
   - Carry glucose tablets or a snack with you.
   - Wear seamless cotton socks and shoes that fit well.
   - After each walk, check your blood sugar. Also check your feet for blisters, sores, or cuts that are red and tender.
   - You may need a snack after the activity.
   - Wear a medical alert bracelet or carry ID that says you have diabetes.

9. If You Have Angina
   - If you take nitroglycerin for angina, always carry it with you. If you get angina while walking, sit down right away. If pain persists:
     - Take a dose of nitroglycerin as directed.
     - Sit for 5 minutes after taking it.
     - If your angina lasts longer than 5 minutes, or gets worse, call 911 right away. Do not delay.
     - You may be having a heart attack.
     - After you call 911, take a second dose of nitroglycerin. If the angina still doesn’t go away, take a third dose. You can take up to 3 doses in 15 minutes. Stay on the phone with 911 for further instructions.

10. Keep On Walking!
    - Things will sometimes upset your walking routine. It will rain outside. You’ll be sick. You’ll be traveling. Plan now how you’ll deal with such roadblocks. Then, when they come up, they won’t trip you up.

11. Tips for Getting Started
    - Find or Form a Group
    - Get Activities into Your Day
    - Staying Safe
    - Walking Safely
    - Don’t Take Chances
    - Check the Weather
    - Special Considerations
    - If You Have Diabetes
    - If You Have Angina
    - Keep On Walking!