

Session 11 – Walking for Fitness

I. Objectives



- Understand the importance of walking
- Understand the health benefits of walking
- Create a plan to incorporate a walking routine

II. Introduction

Walking 150 minutes a week, and losing 7 percent of your weight can reduce your chances of developing diabetes by 58 percent. Taking metformin, a strong anti-diabetes drug, can reduce your chances by only 31 percent.

Walking is free of charge. Metformin is a costly drug and cause side effects. In this lesson you will learn the benefits of walking and how to create a walking plan.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client the benefits of walking.

Walking is a great way to exercise. Walking is low-impact, low stress physical activity that builds muscle and burns body fat. It is the easiest form of exercise. It's simple, safe; it doesn't require any money and has many health benefits. Walking is a great way for an overweight, sedentary person to start an exercise program. Walking is also a great way to socialize with others and walking with others can help motivate on days when you may not feel like working out. Walking has many health benefits listed below.

- Reduces the risk of heart disease and stroke
- Reduces the risk of developing diabetes
- Lowers bad cholesterol and raises good cholesterol
- Lowers blood sugars
- Lowers body weight
- Reduces stress

Getting Started

Check with your doctor before starting any exercise program especially if you have diabetes, have high blood pressure, or have heart disease.

Warm up. Take 5 – 10 minutes to prepare your body for the walk. Perform some stretching exercises and hold your stretches 10 – 20 seconds. Make sure you also stretch after completing your walk.

Wear comfortable running or walking shoes with arch support and proper cushioning and comfortable clothing.

Start slowly. If you haven't walked or exercised for a long time start slowly. You may be able to walk 5 – 10 minutes to start with and that is alright. It is more important to be consistent than overdoing it.

Wear a cap or hat if necessary but avoid walking during the hottest part of the day.

Wear light, reflective clothing if walking during the evening.

Use a pedometer to keep track of your distance walked.

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Staying Motivated

Once you have started your walking program it is only natural that after a while your motivation may go down. Here are some tips to keep or get you back on track.

Find a friend or join a group to walk with. This can be a great "pick me up" on those days when your enthusiasm may be low.

Change your scenery. Go walk in some new area you haven't walked in before.

Set goals. If you do not have a goal and are just aimlessly walking it can quickly get boring. Setting a goal challenges you. Setting a goal and keeping track will allow you to see your progress and give you feedback as to whether you need to work harder. Use a pedometer and log that amount of minutes or steps that you do.

Reset your goals. Once you have reached your goal challenge yourself to a new goal.

Take a break. If you are really feeling burned out take some time off. Do not go longer than 3 days without walking. When you return to walking you will be refreshed and eager to pick up where you left off.

V. Activity

Set a goal to incorporate walking at least 30 minutes daily or a total of 150 minutes a week.



Weekly Log: Physical Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Daily							Weekly Total

