



Walking Program

Walking has various health benefits:

- Increased cardiovascular fitness
- Improved balance
- Stronger muscles and bones
- Decreased body fat and inflammation
- Less joint & muscular related pain & stiffness

**EXERCISING JUST 2-3 TIMES A WEEK FOR
20-30 MIN SHOWS PAIN RELIEF BENEFITS AND
IMPROVED FUNCTION**

NIKA BRAND
PHYSIOTHERAPIST



STRUT IN STYLE

Guidelines

- **BEGINNER:** Try walking briskly for 10–15 min per day, for the first 3 weeks. Slowly increase with 5min per week. The goal is to increase until you can walk 30min, 6 days a week.
- **INTERMEDIATE:** If you are in good shape, start at this level. Walk 5km (about 45min), 3–4 times a week. If you can't walk fast, increase the distance instead.
- **ADVANCED:** If you are already at a good fitness level, you can increase the intensity by: increasing the speed, adding uphill or downhills, walking on the beach, using hand weights and using arm swing motion.

OTHER THINGS TO KEEP IN MIND

- **POSTURE:** Keep a good upright position, facing forward and core engaged.
- **FOOT PLACEMENT:** Keep your feet facing straight and imagine each foot walking on parallel lines.
- **STRIDE:** When walking the heel strikes the ground first, then flattening on the ground and pushing off on the ball of the foot and shifting weight forward.
- **ARM SWING:** Swinging your arms can increase the intensity of the walk and increase calories burnt by 5–10%.

For more details contact Pain

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