



HEALTHMILES

10,000 STEP GUIDE

Congratulations on taking your first step towards better health and fitness. Let us guide you in achieving your personal fitness goals in a safe and efficient manner using your GoZone pedometer. Please remember to consult your physician before engaging in any new exercise program.

➤ Walk the Walk

We walk everyday without giving it much thought, nor do we always appreciate the wonderful health benefits regular walking can give us. Aside from being easy on muscles and joints, walking has been shown to ease back pain, lower blood pressure, reduce levels of bad cholesterol, improve muscle tone, and enhance stamina and energy just to name a few. An attractive bonus is that walking requires no special equipment other than a pair of comfortable shoes, loose clothing and a good attitude. Add a pedometer and you're ready to hit the ground...walking.

Walking is low impact but highly impactful. Walking burns calories very efficiently and without the stress on the heart and joints that jogging, running or other "high-impact" aerobic activities incur. And by adding just a slight incline, you can increase your calorie burning dramatically without the shock of 3 to 4 times your body weight on your ankles, knees, and hips that jogging or running causes.

➤ Walk this Way

Although walking is a very natural activity, here are some basic guidelines to follow to make the most of your experience:

- Proper posture is essential to getting the most from each stride. Keep your head up (be sure to look where you are stepping from time to time), your spine straight and elongate yourself like you are trying to be as tall as you can be (without getting on your toes). Keep your shoulders and arms loose as they are important counter-balances and are key to the efficiency of walking.
- Breathing keeps your muscles working at peak efficiency. Take deep and regular breaths, preferably in through the nose and out through the mouth. Use your breathing as a pacing device to keep you on stride.
- Pacing is extremely important. This is something you will have to determine for yourself. Use your breathing as your guide. You want to be able to maintain a

pace that does not require heavy, rapid breathing but a comfortable rhythm that feels energizing.

- Stride length is important for muscle tone and efficiency. Pick a stride length that is both comfortable and effortless. Your arms should swing freely in a synchronized fashion.
- Listen to your body. If you are experiencing pain or other discomfort, discontinue the activity and consult your doctor. Your body is designed to let you know when things are working well and when they are not.

➤ **Gear Up**

The beauty of walking, as part of a fitness program, is that it requires minimal special gear. You can spend a little or a lot of money depending upon your personal preference. In either case, there are some simple rules to follow when selecting your own personal walking equipment.

➤ **Feet First**

The most important piece of equipment is a good pair of walking shoes. This can be the difference between an enjoyable experience and a painful one. Here are some basic guidelines when selecting a pair of walking shoes:

- Look for shoes that provide both support and comfort
- Make sure they are a proper fit. If you are unsure about your shoe size, consult an expert at your local sporting goods store
- Make sure the heel of the shoe gives you good support and does not slip and slide
- Look for a cushioned sole to absorb shock
- Choose shoes made from breathable materials that allow perspiration to escape

➤ **Dress for Success**

Loose fitting clothing that won't bind or rub will ensure a comfortable walking experience. Your clothing choice should allow you to move freely and keep you at a comfortable temperature. Avoid using materials like rubber or other non-breathable fabrics that will trap moisture against your skin.

Be aware of the environment. If you are going to be exposed to cold weather, use layers of clothing that will allow you to remove clothing as your body warms up. Be sure to protect your head with a hat (you lose 30% of your body heat through your head) and hands with gloves when it is very cold outside.

In warmer weather, wear light colored breathable fabrics, use sunscreen to protect your skin and wear a hat to protect your head and eyes. If you are walking in inclement weather, keep dry with a lightweight waterproof jacket.

➤ **Be Seen**

Walking at night or in limited visibility has inherent dangers especially if you walk on a street shared by vehicles. It is highly recommended to use night reflectors that strap on to your shoes or arms. There are also a variety of reflective vests and portable lights that will help make you more visible to oncoming traffic. Above all, use common sense as your first defense.

➤ **Wear Your GoZone**

Make every step count, literally, with a pedometer. Your GoZone will log each step you take and track your progress towards your daily, weekly or monthly goal. The GoZone is your instant feedback and guide as you walk your way to better health.

➤ **Warm Up**

As with any exercise or physical activity, a proper warm-up is essential to reducing the potential for injury and ensuring an enjoyable overall experience. Even when walking, a simple stretching routine both before and after the walk will help loosen your muscles and greatly reduce soreness and the potential for injury.

Performing simple calf, hamstring and quadriceps stretches for 5 minutes prior to and following your walk is all it takes. Take another 5 minutes and warm up your legs by starting slow and increasing the pace until you reach your desired walking speed.

➤ **Cool Down**

After your walk, a proper cool-down period will again help alleviate any soreness and prevent sudden dizziness. Take another 5 minutes to reduce your pace slowly back to normal walking speed.

➤ **Put Your Heart in It**

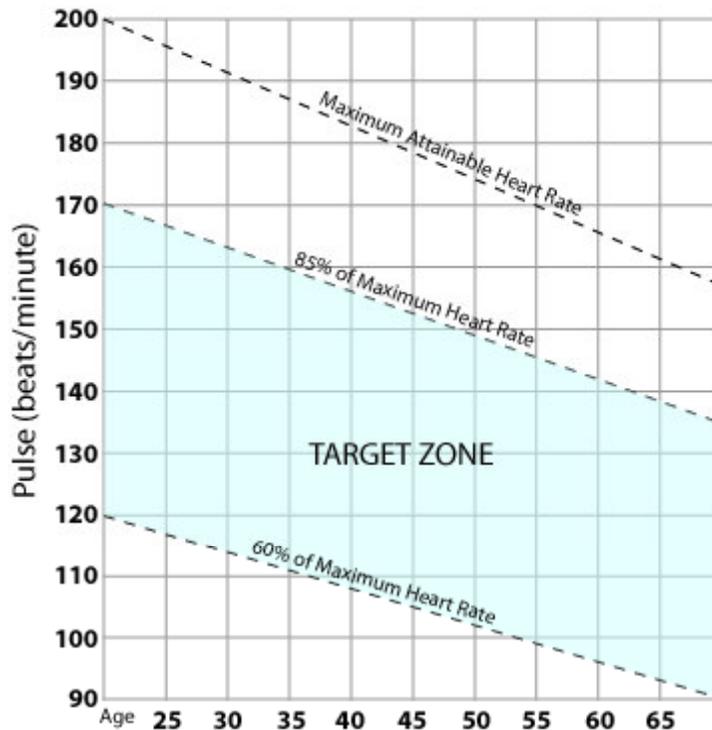
Using a target heart rate will make your walking program work the best for you. The aerobic effect of walking is maximized when your heart rate is within the “target zone.” This zone is a heart rate range that is typically between 60% and 80% of your personal maximum attainable heart rate. Although this will vary with each individual, a chart is provided that reflects a general guideline. It is advisable to consult your doctor to determine if the chart is applicable to you.

A good place to begin is by maintaining your heart rate at or slightly above 60% of your maximum heart rate. You can modify your pace and stride to achieve this effectively. As your general fitness improves, you can try for a higher percentage. Do not exceed the 85% mark as this will take you out of the aerobic benefit zone.

Measuring your heart rate (pulse) is easy and there are a number of different methods to do so. The most common method is to place the middle and index fingers of your right hand onto your left wrist, throat or temple. Count beats for 15 seconds and then multiply by 4. Another popular method of measuring the heart rate is to use

any of the commercially available heart rate monitors. They come in a variety of designs from wristwatch type devices to chest straps but in general, all perform accurate measurements upon demand.

Be sure to take a pulse measurement periodically to keep yourself in the target zone.



➤ Targeting 10,000 Steps per Day

The Surgeon General and fitness professionals alike all agree that 30 minutes of exercise 3 times a week is the key to longevity and a healthier lifestyle. Walking 10,000 steps a day is one way to achieve that milestone and then some. The calories burned, and muscle tone gained, is an indication of an active and healthy lifestyle. The best part is that you begin your program with the first step in the morning and continue all day until your last step in the evening.

Your GoZone records every step by tracking your activity throughout the day helping you to achieve your personal goal. Just knowing you have your pedometer will encourage you to take the stairs instead of the escalator, walk down the street to the store instead of driving and, of course, motivate you during your walking workout.

Taking 10,000 steps a day is a goal; it may take a little time to get you there. Your activity is going to vary day by day so another way to look at it is to aim for 70,000 steps a week. If you are feeling more energized or trying to lose weight more quickly, set a new goal of 12,000 or more a day.

Your GoZone will keep an accurate log of your daily activity. Use the HealthMiles Activity Journal to monitor your daily, weekly and monthly activity and adjust your goals accordingly.

Remember to start slowly and allow yourself to gradually build up to your desired goal. It is recommended that you increase your activity by no more than 250 steps per day in order to reach your goal.

➤ **Beginner Program**

If for any reason you require a gentler introduction to a walking exercise program, begin by setting aside 15 minutes (plus a 5 minute warm-up and 5 minute cool-down period) three times a week for a short distance walk (no more than .75 miles).

Gradually add more distance (and time) until you are able to walk 1 mile in a 20-minute period (including a warm-up and cool-down period). You can then add an additional day per week and try for 1.25 miles in 25 minutes.

As you begin to feel confident at that level, add another ¼ mile and try for 2 miles in 30 minutes. Remember to include 5 minutes of warm-up and 5 minutes of cool-down in each exercise period.

Be sure to listen carefully to your body and discontinue the program if you feel pain or any other discomfort. Always remember to consult your doctor. Be mindful of your heart rate and aim for your specific target heart rate zone. When your level of fitness has improved and you are having trouble achieving the minimum 60% target heart rate, it is time to move on to the Intermediate program.

➤ **Intermediate Program**

For those more physically fit but not yet ready for the Advanced Program, begin with allotting 4 days a week for a 25-minute walking program (include 5 minutes for warm-up and 5 minutes for cool-down) with a goal of 1.25 miles a day.

When you have comfortably attained that, add another 5 minutes and ¼ mile per day. When ready, increase to 2 miles and 35 minutes (don't forget to warm-up and cool-down). When you have reached this goal, add another day and go for 2¼ miles in 40 minutes. Keep adding time and distance until you have achieved 3¼ miles in 50 minutes, 5 times a week.

Be sure to keep your heart rate in the target zone for each exercise period and perform the 5 minute warm-up and cool-down each time.



➤ **Advanced Program**

For the truly physically fit, an advanced program involves starting at 4 days a week walking 2 miles in 35 minutes (include warm-up and cool-down periods). Gradually add $\frac{1}{4}$ mile and 5 more minutes. When you have reached $3\frac{1}{4}$ miles in 50 minutes, add an additional day and keep increasing time and distance until you've achieved 4 miles in 60 minutes, 5 times a week.

➤ **Helpful Hints**

- It is very important to consult with your physician before starting any exercise program. Stop any activity that causes pain or discomfort and again, consult your physician.
- Stay hydrated by drinking water throughout your exercise program as well as throughout the day in general.
- Follow a balanced diet as part of any exercise program. Consult your physician or a registered and/or licensed dietitian for assistance with finding the right nutrition plan for you.
- Select your walking surface carefully. Avoid loose gravel, excessively rough or hilly terrain.
- Ideally wait at least 2 hours after eating before going walking and try to wait 20 minutes after your walk before eating.
- Use common sense when it comes to the weather. Don't put yourself in potential danger due to inclement weather. Try walking indoors at a local gym or track instead.
- Setting reasonable goals is the key to good motivation. Make them specific so you will know with certainty when you have achieved them.
- Make a commitment to yourself to make the time necessary to achieve your goal. If you miss a session, commit to making it up.
- Keep track of your performance with your GoZone, using it everyday, and be proud of your accomplishments.