

# Walk for Energy and Health



# WALK

**your way to fitness,  
health and happiness**

**Coach Mark Sutherland**  
**The Sport of Fitness**

Since 1994 coaching executives, managers, self-employed and business owners.  
Since 1985 coaching elite athletes including 2 Olympic Champions and 9 World Champions from 8 sports.

Be  
it  
for  
15 minutes  
or  
1 hour,  
let  
walking  
refresh  
you.

MY MISSION

“Above all, do not lose your desire to walk. Every day I walk myself into a state of wellbeing and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away for it.”

- Soren Kierkegaard

**My mission** is to assist you to start exercising by walking, and then to maintain exercise as a lifelong activity.

With my walking tips you will be able to make simple changes to your lifestyle that will enable you to feel healthier and more physically and mentally energised.

You can look forward to increased fitness, good health and great happiness.

Now is  
the  
time  
to  
start  
looking  
after  
yourself

---

INTRO

## An Important Message

Over the last few years, many of us have been leading a sedentary lifestyle with hardly any type of exercise activity.

Because of this our body shapes are changing, we can often feel tired and sluggish and we are noticing a few more health issues.

**Are you ready to make a difference to your life?**

Walking is the simplest way to work out. You can do it almost anywhere, and it's easy to get started.

**Just put one foot in front of the other.**

All you need is a pair of walking shoes.

**Feel  
energised  
throughout  
the  
day.**

**BENEFITS OF  
EXERCISE**

## **Exercise will boost your outlook on life**

Exercise can be fun and social or a means of spending quality time by yourself. Exercise does not have to be strenuous or time consuming.

### **The benefits of exercise are:**

- Increased use of fat as a fuel therefore decreasing your body fat levels.
- Improve circulation of blood due to the increased efficiency of the heart, lungs and muscles.
- Increased capacity for work and lifestyle activities.
- Reduction in cholesterol and blood pressure.
- Reduced risk of heart disease and adult onset diabetes.
- Reduced levels of stress.
- Increased self-esteem
- Increased resistance to aches, pains and infections.
- Overall improvement in general health

Walking  
is  
one  
of  
the  
easiest,  
most  
enjoyable  
forms  
of  
exercise.

**BENEFITS OF  
WALKING**

## Walking Is A Basic Movement We Use Everyday

**As an exercise – walking offers the following:**

- Age is no barrier.
- Walking is simple, free and one of the easiest ways to get more active.
- It is the ideal exercise when you are just getting started as you can walk at your own pace, increasing when you are ready as your fitness levels change.
- You increase the amount of calories burned as fuel therefore decreasing your body fat.
- Walking is low impact form of exercise so you won't jar your joints; therefore the risk of injury is also low.
- Commit to walking at least three times a week as this is a great way to boost your fitness and wellbeing.
- You can start slowly with just 5 or 10 minutes and work up to a least 30 minutes.
- You can walk anywhere without sophisticated machinery or expensive workout clothes.

Continued ...

**Walking  
is the  
perfect  
exercise  
for  
many  
people**

**BENEFITS OF  
WALKING**

## **Walking Is A Great Way To Get Fit And Healthy**

**As an exercise – walking offers the following continued:**

- Wherever you have a path you can walk, or even in a shopping mall if it is too cold outside.
- Walking / talking time is a great way to keep in touch with friends on a regular basis.
- Walking is a brilliant family activity, providing fun and time together.
- Muscles and bones become stronger thus reducing the chances of hip and knee injury in later life.
- Your legs will get stronger from walking regularly.
- Walking works the major muscles in your legs and walking up hill is great for your glutes.
- When you are ready, walk at a brisk pace to make it a good cardio workout.
- If you are already in good shape, work up a sweat with a power walk.

|

**Walking  
can  
make  
you  
healthier  
and  
happier**

## **Simple Tips On How To Walk Better**

- As you walk, keep your head upright, your back straight and your chin up. Maintaining this posture will keep your spine straight which helps you to breathe better by taking pressure off your diaphragm.
- Keep your shoulders pulled back, but relaxed, thus maintaining a stable vertical column of support while you walk stretching from your neck to your hips.
- As you walk, swing your arms as this will increase the efficiency of your stride, allowing you to walk further on the same amount of metabolic energy that you would while keeping your arms still.
- For the first few minutes of your walk, keep an even, comfortable rhythm as your body warms up. Then increase your pace to a level that feels comfortable. As a general rule, you should be able to speak normally and carry on a conversation without being breathless.
- Towards the end of your walk start to decrease your pace back to your warmup pace as this allows you to gradually return to your resting heart rate.

**SIMPLE TIPS**

# Dress Appropriately For Walking

**Wear  
the  
right  
clothing  
and  
footwear  
for  
comfort  
and injury  
prevention.**

**MORE  
SOLUTIONS**

## Footwear:

- Always purchase a shoe with a reputable brand name from a reputable store.
- Shoes should provide good heel support, holding the heel firmly in the shoe without sliding. This prevents blisters.
- Shoes should have good arch supports and cushioning in the heel and sole.
- The shoe should be flexible at the ball of the foot and comfortable around the toes.
- Socks should be soft with no stitching running across the top of the toes. Tube socks or aerobic workout socks are ideal.
- Shoes should be laced cross over rather than criss-cross. This allows the shoes to expand as your feet expand.

## Clothing

- Clothes should be loose and comfortable.
- Women should wear a well-fitting supportive bra such as a sports bra.
- In Summer, remember to apply lots of sun protection lotion and wear a hat.
- When it is raining wear a waterproof coat as water on the skin can cause cooling of your body and have a negative effect on your exercise.