

Walk The Talk

Have you heard that the simple task of taking a walk is one of the best ways to take charge of your health? Walking briskly for half an hour just six times a month has been shown to cut the risk of premature death in men and women by 44 percent. Besides the obvious health benefits; the beauty of walking is, we all can do it. We need only a pair of shoes and a healthy attitude!

Many people choose to start a walking program in an attempt to lose weight. The weight loss is usually the cause of improved health. Unfortunately there are many who are walking yet fail to see a drop on the scales. Let's take a look at a walking program that works on weight loss.

Frequency

Frequent jaunts out your front door are part of the equation that results in improved health and fat loss. For the best results it is essential that you walk most days of the week. Our weather is about to take a drastic change and that means clearer side walks and roads to strut your stuff. Walking can burn calories without a great deal of sweat. A shower is not always necessary after your walk. All you need is a safe route. Therefore, walking to and from work, or during lunch hour are all options. Leave the dinner clean up for the kids, don your sneakers and walk after dinner. The idea is to try and walk at every opportunity. Many people do not have 30 minutes to an hour to go for a walk, but they can find a 20 minute spot in their day. If this is you, try two 20 minute walks to get your time in.

Intensity

When you are walking for weight loss it should be at a pace unlike that of cruising through the mall. Walk fast enough to elevate your respiration and feel the body temperature increase yet still be able to carry on a conversation. Walk quickly for quicker results. On your first venture out the door pick a route that is out and back, and time yourself. Use that route and time to measure your future success. Every week, attempt to cover more ground. If your goal is weight loss you must feel like you are working, not strolling.

Time

The answer to the question: What is the best time of day to exercise? Is, whatever time you find to do the work. The ideal amount of time to walk is, as much time as you can find to do it. Try for that minimum of 20 minutes. The less time you have, the more effort you need to put into it for maximum results. Keep a journal of time logged. Remember, for every mile you cover you will burn approximately 100 calories. If there are 3500 calories in one pound of fat, a whole lot of walking is going to be needed to burn the extra fat. As you become fitter you will burn more calories for the same amount of distance covered as well as cover more distance. The result is more calories burned.

Perseverance

One of the biggest frustrations you will experience when you choose walking for weight loss is the results are slow. The good news is slow weight loss usually means it stays off, especially if the lifestyle continues. Remember, good things come to those who persevere. Walking is inexpensive, requires minimal skill, can be attempted regardless of your fitness level and if you stick with the program gives you great results with minimal aches pains and strains.

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