

5

TIPS TO BOOST YOUR WALKING ROUTINE



Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



Walking Workout Tips Tutorial

Eve Zibart

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Mayo Clinic Guide to Arthritis Lynne S. Peterson,2020-09-08 A guide to living well with this common and complex condition from one of the most reliable respected health resources that Americans have Publishers Weekly From the doctors at Mayo Clinic the top ranked hospital in the country according to US News World Report this book is a complete guide to understanding and living with arthritis Find the latest expertise on various forms of arthritis medications and other treatment options and self care to successfully manage joint pain and stay active and independent If you have joint pain you know it can lead to frustrating limitations in daily life In fact this complex group of joint diseases osteoarthritis rheumatoid arthritis and many other forms is the most common cause of disability in the United States But living with it doesn't have to mean sitting on the sidelines This book offers the same expert knowledge that Mayo Clinic doctors nurses and therapists use in caring for patients Mayo Clinic Guide to Arthritis Breaks down different forms of arthritis and joint pain to help you understand their causes their signs and symptoms and what each may mean for your health Explores the latest in arthritis treatments including new medications to slow or stop the disease improved options for joint surgery joint injections and evidence based guidance on pain control and integrative medicine Provides practical tips for living with arthritis while exercising traveling or working Offers useful advice on diet mental health and protecting your joints

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