

HOW TO START A WALKING PROGRAM



Walking for most people is the easiest way to get in better shape. It's a great all round exercise that employs the biggest muscle groups in the body and its an activity that most of us can do. Walking is good for the heart and lungs, and reduces joint and spinal pain over time. Helps with lower limb strength and FALLS PREVENTION

Walking requires no special equipment facilities or memberships and no instruction needed.

GETTING STARTED

First, the best way to start walking is to do it every day. Choose something very easy like walking around the block in your neighbourhood. This means you don't have to go anywhere because you're there already.

1.Choose a distance that you can do easily without getting out of breath or feeling sore the next day, this means you are starting at a level you already can do. For some of us that might be a relatively long distance, for others it might only be a couple of houses then head back home. The important thing is to pick a distance you can easily achieve.

HINDMARSH AND FITZROY PHYSIOTHERAPY

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2.Next, walk that distance every day for a week.

3.Commit the time to do it.

4.Make a regular time. Maybe get up early and walk in the morning, or take a walk at lunch time or even first thing when you come home.

5.Plan for bad weather by keeping an umbrella by the door.

6.Take your dog if you have one.

7.Encourage your partner or another family member to join you.

8.If you're more the solitary type, listen to music or a book or podcast you look forward to.



RE-EVALUATE YOUR WALKS

At the end of the week, re-evaluate how you feel. Do you have any aches and pains? Any soreness? If you feel like the past week was an effort, if you are sore or if you have achy joints, consider reducing your distance by 10% and continue walking at that level for the next week. If you have some niggles, something as simple as FOOT ORTHOTICS can make all the difference.

Keep reducing weekly if needed to find your base level and build from there. If you feel OK, continue walking the next week but add 10% to your distance. Depending on how far you go, this might be 100 metres only.

HOW TO KNOW IF ITS MUSCLE INJURY OR JUST SORENESS

Resist the temptation to double your distance, even if you feel great, keep it to 10%. Take your time and focus on the long term. Once you are getting up to some considerable distance, take two days off a week and continue to advance your distance weekly on the days you are walking.

Soon you will be walking longer distances and feeling great. Add rest days as needed, focus on the total Km's per week.



WHAT DOES MY WALK REVEAL

- Very Slow
- Poor Arm Swing
- Slapping Foot
- Short Stride..?

[Click here for 12 things to look for, and why they can happen](#)

HOW TO STAY ON TRACK

Keep a log of your distance so you will stay motivated. Either a paper chart or a tracker can be used to do this.

This strategy works well for walking, but it also works well for any type of exercise program. If you prefer to ride your bike, the 10% rule works for that too. Lifting weights can also be progressed this way either by adding weight or repetitions weekly to your routine.

If you need help starting a walking program, call us and we will be happy to help. Our Physios and our Exercise Physiologist have the skills to support you and help you achieve your health and fitness goals

LEARN MORE ABOUT EXERCISE PHYSIOLOGY



RECORDING MY WALK/ RUN

Keep a cumulative record of your run or walk

Our Excel version will do the recording for you.

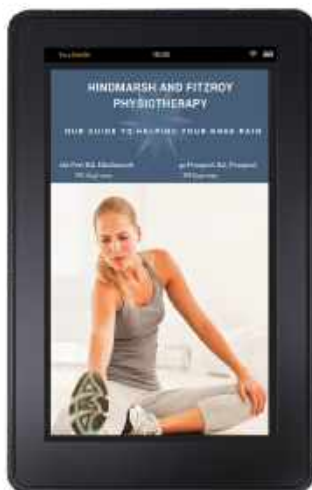
Adds up your distances , times and heart rates.

GET SOME PHYSIO HELP

Our Caring and experienced Physiotherapists have the skills to correctly assess your musculoskeletal problems and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent pain.

If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh and Prospect by calling our Physiotherapy clinics on 83462000 and 83422233. Let us help you to move better and feel better.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative Resources that you may find useful to get you on your way.



MANAGING KNEE PAIN



START EXERCISE FOR DIABETES



MANAGING BACK PAIN

For free access to our patient Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk