

WALKING YOUR STEPS TO HEALTH

Walking

YOUR STEPS TO
HEALTH



TABLE OF CONTENT

CHAPTER

1.	13 Ways Walking Can Benefit You	01
2.	How to Choose the Right Shoes	05
3.	Tips to Smart Walking	08
4.	6 Ways You Can Track Your Progress	11
5.	6 Tips To Consider When Power Walking	14
6.	9 Tips to Enjoy Walking	17
7.	8 Tips to brave the weather when Walking	20
8.	11 Ways You Can Introduce Walking In Your Daily Life	24
9.	9 Facts about Weight Loss and Walking	27
10.	Walking with a Purpose	31

CHAPTER 1

13 WAYS WALKING CAN BENEFIT YOU

There isn't even enough space here to include all the benefits of walking. Walking is simple to do, most healthy people can do it even if it might seem hard at first, and you can do it almost anywhere at any time. The only special equipment you need are good walking shoes, and then you're in business.

1. Burns More Calories – Walking burns calories like anyother exercise, but without the impact and stress that other forms of exercise can like jogging and running. Even if you're not feeling well, you can go on a leisurely stroll and still get the benefits of the movement.

2. Builds a Strong Heart – Working out always helps yourheart because you cause your cardiovascular system to work a little harder, which is good for it when you're healthy. Keeping your heart strong will keep you alive much longer.

3. Builds Better Bone Health – As we age, our bones become more brittle and we experience more pain. This can lead to broken bones and other issues. But if you keep walking and moving, you'll be less likely to develop those problems.

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Japanese Scientists Discover "Fasting Switch" That can increase both the speed and efficiency of metabolism.

4. Improves Balance and Coordination – The more you use your body, the more it works for you. Walking more often improves your balance and coordination because your body gets used to standing upright and moving more often. It's a matter of practice and getting the muscles and ligaments strong.

5. Improves Your Lung Capacity – Walking, especially fast walking, will get your breathing up and cause you to build your lung capacity. Usually it takes about six to eight weeks of cardiovascular workouts to see the full improvement that you can experience.

6. Lower Your Blood Sugar – People with high blood sugar can see huge benefits from walking and burning off that extra sugar in their blood. It's not a cure for type 1 diabetes but it can help people with type 2 tremendously, and it can help people with type 1 lower their insulin requirements.

7. Eases Joint Pain – As people age, they tend to get joint pain, often caused by arthritis. It might seem counter-intuitive to keep moving through that pain, but pain from arthritis absolutely can be reduced from more movement. This is because arthritis causes build-up of scar tissue in the joints from lack of movement, so if you move more it can stop that problem.

8. Boosts Your Immunity – Getting your blood pumping and your cardiovascular system working will also boost your immunity from regular common illnesses like colds.

9. Energizes You – Anytime you're feeling tired for no reason, try going on a fast, ten-minute walk and you'll find that you have much more energy. This is one reason a fast walk is an excellent way to wake up in the morning.

10. Improves Your Mental Health and Mood – A nice walk in nature can vastly improve your mental health and mood. If you are feeling down, getting out in nature for a leisurely walk can help. If you're feeling anxious, try a fast walk (even on a treadmill) to burn that extra energy.

11. Helps You Live Longer and Healthier – When you incorporate daily exercise into your life, it will extend your life. Not only that, you'll also enjoy your life much longer because you won't be as sick or in as much pain.

12. Strengthens and Tone Your Leg Muscles – There is no hiding the fact that walkers have good legs, but it does also improve muscle tone all over your body - especially if you work on getting your arms in on the action and pay close attention to your glutes and core muscles.

13. Boosts Your Creativity – Anytime you're having a glut of good ideas for anything you're trying to accomplish, going for a walk without technology, just you and nature (or just you and the treadmill), you'll get a boost of creativity that will carry you through.

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Walking is something almost anyone can do. Because of that fact, it makes it the perfect exercise to start if you want to get healthier and improve your life in every single way. When are you going to start your walking program?

CHAPTER 2

HOW TO CHOOSE THE RIGHT SHOES

One of the things you need to consider if you want to start a walking program for yourself is your footwear. Finding the right shoe for walking is essential because if you have foot pain or problems with your feet, it can cause problems with the rest of your body too - from your legs to your knees to your back and more.

Buy a Walking Shoe

If you're going to use the shoes for walking, you should buy a walking shoe. Walking shoes are typically lightweight, allow for ventilation to prevent moisture, have outsoles that provide traction, plus they offer the right type of arch support.

You Don't Have to Buy Expensive Shoes

You really don't have to buy an expensive walking shoe to protect your feet. You only need to make sure it has the right walking shoe features such as those mentioned above. Look for shoe sales in January and April to get the best deals on walking shoes.

Think About How Your Foot Is Shaped

Everyone is different, so once you start looking at walking shoes you want to figure out what type of foot you have. How wide is your foot? How long is your foot? Do you have a big arch or a small arch? Different walking shoes will fit different criteria.

Ensure That the Shoe Fits

When it comes to walking shoes, you don't need to "break them in." They should feel comfortable from the moment you put them on. When trying on the shoes, be sure to wear the type of socks you plan to wear while walking to ensure that they fit the same. Also, try shopping for shoes after you have been walking so that your feet are at their largest size. Get your feet measured too, because you may be wearing the wrong size out of habit.

Don't Wear Old Shoes

You really do need to buy new shoes more often than you might think. A good walking shoe will last about 400 miles of use, but you can also choose to get rid of them when the outsole is worn (as a guide). The best thing though is to check your mileage, just like you would for your car tires. If the outsole is not in good shape, it can cause a considerable impact on the rest of your body due to not giving you enough traction or cushion for your steps.

WALKING - YOUR STEPS TO HEALTH

Wearing the right walking shoes will prevent issues such as blisters, as well as body pain that can be caused by the shock of your foot hitting the pavement. That's why a walking shoe is lighter, has good shock absorption due to the way the outsole is made, and good materials inside to cushion the impact of hitting the ground with each step. Your feet will thank you, and your entire body will thank you too.

Melissa decided to stop all the useless fad diets, calorie counting, and plates of rabbit food...

And instead invented **this bizarre 'home recipe'** - and ate it every morning...

She then carried on eating all her favorite foods.

This is what happened:



[==> Click here to find out how she did it \(this is insane!\)](#)

CHAPTER 3

TIPS TO SMART WALKING

The main thing to remember, no matter what you're setting a goal for, is that your goals should be SMART. That means they need to be specific, measurable, attainable, realistic, and timely. If you make a habit of creating goals for all aspects of your life using this acronym, you'll be a lot more successful - no matter what you do.

But before you get started with your SMART walking goals, let's talk about some factors to consider as you're creating your goals.

1) Know Your Fitness Level – Almost everyone can walk. This includes people who are very unhealthy, even if they can only walk for five minutes. Start with your fitness level and set your goals accordingly.

2) Know What You're Working Toward – Pretend you stuck to everything you are supposed to on this journey; what is the dream goal you're working toward? Even if it seems crazy, knowing that final goal is essential for designing your plans.

3) Know Your Time Availability – This is part of being realistic because if you have roadblocks to having enough time to devote to walking for health to meet your goals, you may not succeed.

Creating SMART Walking Goals

Here is an example of a healthy yet sedentary office worker for you to follow:

- * **Specific** – My goal is to walk a minimum of 10,000 steps per day by the end of six months, starting where I am now at 1000 steps per day.
- * **Measurable** – Every day, I will add 100 steps to my total. It will take me 90 days to reach 10,000 steps per day.
- * **Attainable** – I am overweight but with no health problems, so my goal to walk 10,000 steps a day by the end of 90 days and to maintain it for 6 months is entirely doable in terms of my health.
- * **Realistic** – Adding in 100 steps a day is realistic because I am healthy, and I have enough time. It'll take me about an hour and a half at my walking pace to reach 10,000 steps. I plan to walk each morning between 7 and 9 am. I also have an indoor place I can walk when the weather is terrible.
- * **Timely** – By adding the goal of reaching 10,000 steps in 90 days, then maintaining that for six months, it makes the goal timely - meaning it has a time limit that you have set for you to reach your goal.

WALKING - YOUR STEPS TO HEALTH

As you see, crafting SMART walking goals will help you set up a plan that is achievable if you simply follow it. Once you have set the plan up, you can put it in your calendar, tell your accountability partner, and then just follow it. You will reach your goal without issue.

CHAPTER 4

6 WAYS YOU CAN TRACK YOUR PROGRESS

When you are truly committed to something, the best way to succeed is by making goals and then measuring and tracking your progress toward reaching those goals. Most life coaches love the saying, "If you fail to plan, you're planning to fail." And, whether you like it or not, that's the truth. If you want to succeed in your walking plans to improve your health goals, then track your progress.

Let's look at some different ways that you can track your walking progress.

*** Buy a Pedometer** – There are many different types of pedometers out there. You can get one for about ten bucks nowadays. A pedometer counts your steps for you so that you can simply wear it all day or when you are exercising to ensure you are getting as far as you want to get each day.

*** Write in Your Calendar / Planner** – A low-tech way (unless you use an online calendar) is to simply write down in your calendar how far you walked each day. That way you can ensure you're hitting your daily goals, which will also ensure you reach your long-term goals. Even if you are using an electronic means of tracking, sometimes it's more motivating to see your calendar filled with walking data.

WALKING - YOUR STEPS TO HEALTH

*** Join an Accountability Group** – On Facebook and other social media platforms, there are numerous support and accountability groups for walkers that you can join. You can tell the group your goals and sometimes find a mentor that will hold you accountable in your walking goals.

*** Get a Fun Tracker Like Fitbit** – Fitbit.com offers not only an app that is essentially a pedometer, but also more features such as joining with others to track your walking, sharing your walking, and meeting up with others who love walking.

*** Get Fun Personal Training Software** – Need even more motivation to track your progress? A fun app that can help you stay motivated is called Endomondo. You can sign up for free, and it's like having a personal trainer in your pocket each day while you're also keeping track of your progress.

Link - <https://www.endomondo.com/>

*** MapMyWalk** – This is an app that tracks your walking progress. However, it's even more than that because you can find walking trails in cities across the world that you might want to try. Plus, you can keep track of your time and distance with the app.

Link - <https://www.mapmywalk.com/app/>

WALKING - YOUR STEPS TO HEALTH

Tracking walking progress is essential to ensuring your success with walking for health issues. The only real way to be sure you are doing what you have set as your goal is to double-check your progress using any of these methods. If you write it down and look at it regularly, it will motivate you to do more.

[==> Click here to check out what happens when Meghan walks into the studio \(priceless\)!](#)

CHAPTER 5

6 TIPS TO CONSIDER WHEN POWER WALKING

Speed walking, power walking, race walking... These are terms that describe walking very fast without running or going into a jog. The main reason for speed walking over running and jogging is the damage that running can do to your body. Speed walking is a low-impact way of exercising that enables you to get more out of your walking workout.

Here are tips to follow if you are a beginner to make sure you get the most out of this type of walking.

*** Stay Hydrated** – Start your walk hydrated and then drink small amounts throughout your course. Don't over hydrate yourself by drinking too much, but keep a keen eye on the amount of fluid you are ingesting to ensure your body stays optimally hydrated.

*** Your Posture Is Everything** – When you are speed walking, it's imperative to keep your posture correct. If anything hurts, you may be doing it wrong. It can help to have someone checking in with you. Your spine should be straight, you should not be leaning forward or backward, and you should look straight ahead (not down). Keep your chin up so that you can reduce pain on your neck and back.

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