

Walking for your heart

You want to stay fit, but you're not sure how to add exercise to your life. One simple answer may be to **just start walking.**

Like any physical activity, walking is good for your heart. It increases your heart rate, builds heart muscle, and gets the blood flowing through your body. It also lowers blood pressure and helps reduce body fat and cholesterol.

You may want to get a checkup before you start walking. If you have heart problems, your doctor can tell you how much activity is safe for you.

Ready to walk?

1. Start out slowly. Do a warm-up first, then pick up the pace in the middle. Finish with a cool-down at the end.
2. Try walking with friends, coworkers, or pets—and set goals that you can reach.
3. Use a pedometer to keep track of your steps. The first time you wear it, count how many steps you normally take in a day. Try to increase this number each day or week.
4. Try to walk at least 2½ hours each week. All it takes is walking 30 minutes a day, 5 days a week.

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“Walking is
the best possible
exercise.”

Thomas Jefferson

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Want more ways to start walking?



Schedule walks on your business calendar with a coworker



Try walking to work, school, the grocery store or a restaurant



Think about walking before or after work or on your lunch break



Take your dog on a walk



Try to plan family outings around walks together



You might want to set a goal to take part in a planned fitness walk

Go with a friend!

It's easier to keep walking when you walk with other people. You might want to ask a friend or coworker to join you. Or even a new neighbor you would like to meet. **Walk, talk and have fun!**