

MAYO
CLINIC



Walk your way to fitness

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Why walk?

It can be tough to find time for regular physical activity. It's important, though — and it doesn't need to be complicated. Something as simple as a brisk daily walk can help you live a healthier life. The faster, farther and more frequently you walk, the greater the benefits.

When you include physical activity in your daily routine, you look better and feel better. Regular physical activity increases your breathing and heart rate — improving the health of your lungs, heart and circulatory system. Building your endurance also will give you stamina for your daily tasks.

In addition, regular physical activity can help you improve your balance and coordination, which reduces your risk of falls. Walking strengthens your leg muscles and reinforces your balance. The more you walk, the better your balance will be, and the more practice you'll get at catching yourself when you trip or quickly change direction.

Staying physically active can also prevent or delay various medical conditions as you get older — and in some cases, improve your health if you already have a disease or disability.

How much physical activity is enough?

For most healthy adults, the Department of Health and Human Services recommends at least two hours and 30 minutes a week of moderate aerobic activity or one hour and 15 minutes a week of vigorous aerobic activity — preferably spread throughout the week — and strength training exercises at least twice a week. As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try two 15-

HEALTH BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity — combined with a healthy diet — is key to improving your overall health and preventing illness. Consider the effects of physical activity on specific medical conditions:

- ❑ **Arthritis.** Although the pain and stiffness of arthritis may discourage you from activity, using your joints during regular exercise — such as walking — may reduce pain and the risk of joint problems.
- ❑ **Cancer.** Walking can help you maintain a healthy weight. That's important because studies suggest that obesity is a risk factor for cancer of the colon, kidney, esophagus, uterus and, in postmenopausal women, the breast.
- ❑ **Coronary artery disease.** Regular physical activity can reduce your risk of coronary artery disease, improve the efficiency of your cardiovascular system, boost your high-density lipoprotein (HDL), or “good,” cholesterol, and help you prevent or manage high blood pressure.
- ❑ **Depression.** Physical activity can help fight depression and can be a useful addition to treatment for depression. It can also ease stress, curb anxiety, help you sleep better and boost your spirits.
- ❑ **Diabetes.** Physical activity can help prevent type 2 diabetes, as well as decrease the amount of insulin or other medication needed to control diabetes.
- ❑ **Osteoporosis.** Walking is a weight-bearing activity that helps your bones stay strong. Combined with a diet rich in calcium and enough vitamin D, regular walking can help prevent or slow osteoporosis — a disease in which your bones become thin, brittle and easily fractured.

minute sessions or three 10-minute sessions throughout the day. To make it easy, park your car so that you get a 10-minute walk to the door or take the stairs instead of the elevator. Get creative to find what works best for you.

How many calories does walking burn?

Walking can help you achieve or maintain a healthy weight. Depending on factors such as your weight and your walking speed, you may be able to burn up to 150 or more calories during each 30-minute walk. If you want to lose weight, consider this: Burning at least 250 calories a day with physical activity – without changing the number of calories in your diet – can help you lose up to a half-pound (0.2 kilograms) a week.



AVERAGE CALORIES BURNED

Use this chart to estimate the average number of calories you may burn with 30 minutes of continuous activity at a moderate intensity level. The number of calories you burn depends on the intensity and duration of activity, as well as your weight. The more you weigh, the more calories you burn.

| ACTIVITY | WEIGHT OF PERSON AND CALORIES BURNED* | | |
|-------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| | 140 to 150 pounds (64 to 68 kilograms) | 170 to 180 pounds (77 to 82 kilograms) | 200 to 210 pounds (91 to 95 kilograms) |
| Aerobic dancing | 208-221 | 250-267 | 296-309 |
| Backpacking | 224-238 | 270-287 | 319-333 |
| Bicycling, outdoor | 256-272 | 308-328 | 364-380 |
| Bicycling, stationary | 224-238 | 270-287 | 319-333 |
| Bowling | 96-102 | 116-123 | 137-143 |
| Dancing | 144-153 | 173-185 | 205-214 |
| Gardening | 128-136 | 154-164 | 182-190 |
| Golfing, walking and carrying clubs | 144-153 | 173-185 | 205-214 |
| Hiking | 192-204 | 231-246 | 273-285 |
| Jogging in place | 256-272 | 308-328 | 364-380 |
| Skiing, cross-country | 256-272 | 308-328 | 364-380 |
| Swimming | 192-204 | 231-246 | 273-285 |
| Tennis | 224-238 | 270-287 | 319-333 |
| Walking, 2 mph (3.2 kph) | 80-85 | 96-103 | 114-119 |
| Walking, 3.5 mph (5.6 kph) | 122-129 | 146-156 | 173-181 |

*Calories burned are estimated based on the number of units of energy (called metabolic equivalents, or METs) used for each activity.

Get started

The best walking program helps you achieve fitness goals while also being safe, convenient and fun. Here are five tips to get the most out of walking:

- 1. Set realistic goals.** What do you want to gain from your walking program? Be specific. Are you 45 and want to lower your risk of a heart attack? Are you 75 and want to enjoy more recreational activities or prolong your independence? Walking can help you achieve these goals. Decide what's most important to you. Then be specific about how you can reach that goal. Don't say, "I'm going to walk more." Instead, say, "I'm going to walk from 7 to 7:30 a.m. on Tuesday, Thursday and Saturday."
- 2. Buy the right shoes.** Find comfortable walking shoes that provide protection and stability. (See "Select a walking shoe," page 14.)
- 3. Dress appropriately.** Dress in loosefitting, comfortable clothing. If you'll be walking outdoors, dress in layers on cool days. Protect yourself from the sun with sunscreen, sunglasses and a hat.
- 4. Drink water.** As a general rule, sip water before, during and after your walk — especially during hot weather. If you sweat while you're walking or walk longer than usual, drink more. The water will help maintain your normal body temperature and cool your working muscles.

5. Consult your doctor. If you're a woman age 50 or older or a man age 40 or older and you haven't been exercising regularly, talk to your doctor before starting a walking program. The same applies if you smoke, are overweight or have a chronic health condition, such as heart disease, diabetes or high blood pressure.

WATER IS USUALLY BEST

Water is usually best for replenishing fluids lost during physical activity. Sports drinks aren't generally necessary unless you're engaging in prolonged, vigorous activity.



Start slowly

Don't be discouraged if you can't walk 30 minutes your first time out. It's OK to start slowly. Keep in mind that as you increase your physical effort, your body will respond by improving its capacity for exercise. To condition your heart and lungs safely, consider these three factors: intensity, frequency and duration.

Intensity

What's a desirable intensity for you? Here are two simple tools to help you find out:

- ❑ **Talk test.** Can you carry on a conversation with a companion while you walk? If you can't, you're probably pushing too hard. Slow your pace.
- ❑ **Perceived exertion.** Perceived exertion refers to the total amount of effort, physical stress and fatigue you experience during an activity. Aim for a moderately intense level of activity. (See "How hard are you working?" page 9.)

Frequency

As a general goal, aim for daily physical activity. Remember, the more you walk, the greater the benefits.

Duration

Ideally, you'll walk for at least 30 minutes at a time. If that isn't possible or practical, try two 15-minute sessions or three 10-minute sessions throughout the day.

Remember, though, it's OK to start slowly – especially if you haven't been exercising regularly. Try starting with five minutes a day the first week, and then increase your time by five minutes each week until you reach your goal.

HOW HARD ARE YOU WORKING?

The Borg ratings of perceived exertion scale is a tool that helps describe how hard you feel you're working during a particular activity. How much effort do you put into it? How much physical stress and fatigue do you experience?

For the greatest health benefits, you need to exert a moderate to somewhat strong effort. That means you'll need a 3 or 4 on the modified scale below. A zero rating indicates a minimal level of exertion, such as sitting comfortably in a chair, while a 10 corresponds to a maximum effort, such as jogging up a steep hill.

If you've been inactive and are out of condition, don't push it. Gradually increase the intensity and duration of the activity to reach your goal.

Ratings of perceived exertion scale (modified)

Rate yourself using the scale below. What level of exertion do you feel during a specific physical activity? Pay attention to how your entire body feels, not just a certain part.

- 0 Nothing at all
- 1 Very weak
- 2 Weak
- 3 Moderate
- 4 Somewhat strong
- 5 Strong
- 6 Stronger
- 7 Very strong
- 8 More difficult
- 9 Very difficult
- 10 Extremely difficult

Adapted from the ratings of perceived exertion scale developed by Gunnar Borg.

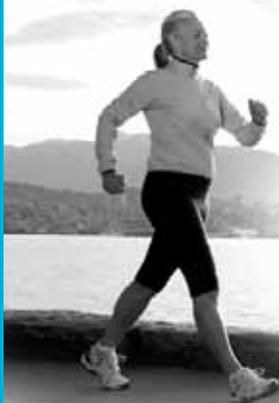


Use proper technique

Walking is a great exercise because it's so simple to do. However, if your posture is poor or your movements exaggerated, you increase your risk of injury. Ideally, here's how you'll look when walking:

- Your head is up. You're looking forward, not at the ground. Your neck, shoulders and back are relaxed, not stiffly upright in a military pose.
- You're swinging your arms freely with just a slight bend to your elbows. A little pumping with your arms is OK.
- You're walking smoothly, rolling your foot from heel to toe.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.

WALK THIS WAY



Hold your head high.

Move your shoulders naturally, freely.

Swing your arms in a natural motion.

Focus your eyes about 10 feet
(3 meters) in front of you.

Keep your chin parallel to the ground.

Gently tighten your stomach muscles.

Plan your walking program

A good walking program includes four components:

- 1. Warming up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- 2. Walking.** Pick up the pace as you begin your walk in earnest.
- 3. Cooling down.** Walk slowly for five to 10 minutes to help your muscles cool down.
- 4. Stretching.** After you cool down, gently stretch your muscles. (See “Simple stretches,” pages 12 to 13.) If you’d rather stretch before your walk, remember to warm up first.

SAMPLE 12-WEEK WALKING SCHEDULE

| Week | Time* (minutes) | Days a week |
|-----------|-----------------|-------------|
| 1 | 10 | 3 |
| 2 | 20 | 3 |
| 3 and 4 | 25 | 3 |
| 5 and 6 | 30 | 3 to 4 |
| 7 and 8 | 35 | 3 to 4 |
| 9 and 10 | 40 | 4 to 5 |
| 11 and 12 | 40 | 5 to 6 |

*The time listed here doesn’t include warming up, cooling down or stretching.

SIMPLE STRETCHES

Ready to stretch? Try these simple moves. Remember to warm up first — or save stretching until after your walk.

1. CALF STRETCH

Stand an arm's length from the wall. Place one leg forward with your knee bent. Keep your other leg back with your knee straight and heel down. Keep your back straight and move your hips toward the wall until you feel a stretch in the calf of your extended leg. Hold for 30 seconds. Relax. Repeat using your opposite leg.



2. QUADRICEPS STRETCH

This stretches the muscles on the front of your thigh (quadriceps). With one hand on a wall for support, grasp your ankle with your other hand and gently pull your heel up and back until you feel a stretch in the front of your thigh. Keep your knees close to each other. Stand straight — don't lean too far forward or backward. Hold the stretch for about 30 seconds. Repeat using your opposite leg.



3. HAMSTRING STRETCH

Sit in a chair with one leg on another chair. Keep your back straight. Slowly bend your pelvis forward at the hip until you feel a stretch in the back of your thigh. Hold for 30 seconds. Relax. Repeat using your opposite leg.



4. LOWER BACK STRETCH

Lie on your back with your knees bent and your feet flat. Pull your knee gently toward your chest with both hands. If you have knee problems, pull from the back of your thigh. Hold for 30 seconds. Relax. Repeat using your opposite leg.



5. CHEST STRETCH

Clasp your hands behind your head. Pull your elbows gently back by pinching your shoulder blades together. Hold for 30 seconds. Relax.



WALKING WITH WEIGHTS

You may have heard that walking with weights can help you burn more calories and get fit faster. It's safer and more effective, however, to simply pick up the pace. Ankle weights may strain your ankle joint and leg muscles, which could increase the risk of injury, and hand-held weights may aggravate carpal tunnel syndrome or tennis elbow.

Select a walking shoe

Walking shoes are an important part of any walking program. When you shop for shoes:

- ❑ **Consult professionals.** Choose stores that employ professional shoe fitters.
- ❑ **Time it right.** Shop when your feet are largest — at the end of the day or after exercising.
- ❑ **Be prepared.** Wear the same socks you'll wear walking.
- ❑ **Measure both feet.** If your feet aren't the same size, buy shoes to fit your larger foot. Make sure you can wiggle your toes inside the shoes.
- ❑ **Consider your foot type.** Choose shoes that are right for your type of foot. If you're not sure about your foot type, dip your foot in water and step on a piece of cardboard. If you can see most of your footprint, you probably have low arches. If you can see very little of your footprint, you likely have high arches. (See “Foot facts,” page 15.)
- ❑ **Walk in the shoes before buying them.** Don't buy the shoes if they're uncomfortable.

Keep in mind that shoes with thick, spongy soles make it difficult to “feel” the ground you're walking on, which could result in a fall. If you have pain near the balls of your feet, choose a slightly stiffer shoe to reduce stress on your toe bones.

FOOT FACTS

| FOOT TYPE | WHAT THIS MEANS | LOOK FOR SHOES WITH THESE FEATURES |
|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| Normal  | Normal arches aren't too flat or too high. Normal feet land on the outside of the heel and roll inward to absorb shock. | Firm midsoles and moderate rear-foot stability |
| Flat  | Flat feet land on the outside of the heel and roll inward excessively. Over time, this rolling of the foot may lead to many kinds of overuse injuries. | Motion control to minimize the natural inward roll of your feet |
| High arches  | Feet with high arches generally don't roll inward enough, leaving them without built-in shock absorption. | Cushioning to compensate for your lack of natural shock absorption |

FEATURES OF A WALKING SHOE

Achilles notch

Reduces stress on the Achilles tendon.

Ankle collar

Cushions the ankle and ensures proper fit.

Upper

Holds the shoe on your foot and is made of leather, mesh or synthetic material. Mesh allows better ventilation and is lighter weight.

Midsole

Provides comfort, cushioning and shock absorption.

Toe box

Provides space for the toes. A roomy and round toe box helps prevent calluses.

Outsole

Makes contact with the ground. Grooves and treads can help maintain traction.

Roll bar

Stabilizes your foot if it tends to roll inward when striking the ground.

Insole

Cushions and supports your foot and arch. Removable insoles can be laundered or taken out to dry between walking sessions.

Gel pad

Cushions and reduces impact when your foot strikes the ground.

COMMON FOOT PROBLEMS

Even if your shoes fit properly, your feet can still bother you. Here are four minor foot conditions and what you can do about them:*

- ❑ **Blister.** If the blister isn't too painful, keep it intact. Unbroken skin over a blister is a natural barrier to bacteria. Cover the blister with a small adhesive bandage to protect it. If it's painful, drain the fluid. First, wash your hands and the blister with warm water and soap. Swab the blister with rubbing alcohol. Sterilize a clean needle by wiping it with rubbing alcohol. Puncture the blister, aiming for several spots near the edge. Let the fluid drain, leaving the overlying skin in place. Apply antibiotic ointment and cover with a bandage. To prevent blisters, consider wearing two pairs of socks (an inner sock of polypropylene with a regular outer sock). Or try using lubricants or dressings (Bodyglide Skin Formula, Spenco 2nd Skin Dressing) designed to reduce friction and pressure.
- ❑ **Callus.** A callus usually occurs on the bottom of your foot. If it doesn't hurt or bother you, ignore it. If it starts to hurt or it gets bigger or cracks open, soak your foot in warm, soapy water. Then gently file the callus with an emery board and give it a generous dose of moisturizer or petroleum jelly, such as Vaseline. If that doesn't help, your doctor may remove the callus by cutting it away.

*If you have a history of diabetes or circulatory problems, you'll need to avoid certain over-the-counter foot care products — especially those with salicylic acid. Consult your doctor for advice.

COMMON FOOT PROBLEMS (CONTINUED)

- ❑ **Corn.** A corn is a toe callus that forms as a result of your bones pushing up against your shoe. The surface of the skin thickens, builds up and irritates the underlying tissues. Soak your feet regularly and use a pumice stone to soften and reduce the size of the corn. To ease friction, wear a doughnut-shaped pad over the corn until it heals. Avoid shoes that have a seam that rub against your corn. If it doesn't go away on its own, your doctor may remove the corn by cutting it away.
- ❑ **Bunion.** With a bunion, the joint connecting the big toe to the foot sticks out and becomes irritated. Wearing tight, narrow shoes or high heels can cause bunions. Ease your pain by soaking your foot in warm water and taking aspirin or acetaminophen (Tylenol, others). If pain persists, try bunion cushions or shoe inserts. Avoid shoes that have a seam that runs across the bunion area and make sure there's adequate room for your toes. If none of these remedies works, your big toe may need to be surgically realigned.



Step out safely

You may be enthusiastic about starting to walk — but it’s important to start at a level you can manage and gradually work your way up. If you do too much too quickly, you can injure yourself. Here’s how to walk without wearing yourself out.

- **Progress gradually.** If you haven’t been physically active, start conservatively. In the first two to three weeks, walk at a lower intensity and add time to your schedule in five-minute increments. (See “Sample 12-week walking schedule,” page 11.)
- **Listen to your body.** Expect to feel some muscle soreness after adding time to your walking schedule. If the stiffness lasts more than two to three days, however, you overdid it. Seek immediate medical attention if while exercising you experience nausea, dizziness, severe shortness of breath, heart palpitations, tightness in your chest, or pain in your chest, arm, jaw or back.
- **Replace worn-out shoes.** If you walk two miles (3.2 kilometers) a day, five days a week, you’ll walk more than 500 miles (805 kilometers) in a year — which results in a lot of wear and tear on your shoes. Invest in a new pair of shoes every 300 to 400 miles (483 to 644 kilometers), even though there may not be visible signs of wear. You might also put your shoes side by side on a table and look at them from behind. Does either shoe tilt to the right or left? This indicates a loss of stability and is another cue that it’s time to replace the shoes.

- ❑ **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf. Or consider using walking poles to decrease your risk of falls.

TIPS FOR SAFETY

If you'll be walking outdoors, keep it safe:

- ❑ **Be prepared.** Carry a cell phone or enough change for an emergency phone call. You might also carry a whistle or noisemaker. Before each walk, tell someone which route you'll be taking. Better yet, walk with a companion.
- ❑ **Carry identification.** You might tape a small note that includes your name, address, a friend's or relative's phone number, and any relevant medical information to the inside sole of your shoe. Wear a medical alert bracelet or necklace if you have diabetes, allergies or any other conditions that could result in an emergency.
- ❑ **Walk in familiar areas.** Know the location of telephones, businesses and stores on your routes. Avoid unpopulated or poorly lit areas, such as deserted streets and overgrown trails. Walk clear of parked cars and bushes.
- ❑ **Stay alert.** Walk against traffic so that you can easily see approaching vehicles. Don't assume a driver will stop for you, even if you have the right of way. Leave your earphones at home so that you can hear what's happening around you.
- ❑ **Use discretion in acknowledging strangers.** Walk confidently and ignore any verbal harassment.
- ❑ **Be visible.** If you must walk after dark, wear reflective materials.

DON'T IGNORE PAIN

In case of injury:

- ❑ **Rest.** Don't push yourself if you feel pain. Give yourself time to heal. In the meantime, consider other activities that won't aggravate your injury.
- ❑ **Treat the pain.** Intermittently apply cold to an injury for the first 48 hours — for 10 to 15 minutes three to four times a day — to help relieve pain and swelling. After 48 hours, you can use cold or heat to relieve pain. Unless your doctor advises otherwise, consider taking acetaminophen (Tylenol, others), aspirin or ibuprofen (Advil, Motrin, others). But only take these medications for a few days. Check with your doctor first about using these products if you have medical conditions, such as kidney or liver disease.
- ❑ **Protect the injury.** You might wrap the injured area with a compression wrap or stocking. This can help reduce swelling and decrease pain, as well as remind you to avoid movements that may aggravate the injury. Don't wrap the injured area too tightly, however, or you'll impair circulation.





HOW TO HANDLE SIDE STITCHES

Don't let a stitch in your side stop you from finishing your walk. Stitches are common and typically caused by a lack of deep breathing or starting a walk at too fast a pace. If you have a stitch in your side, slow down and breathe deeply — so that your stomach moves up and down as you inhale and exhale. Exhaling in a slow and controlled fashion through pursed lips also may help reduce side-stitch pain.

Stay motivated

Starting a walking program takes initiative. Sticking with it takes commitment.

To stay motivated:

- ❑ **Set performance goals.** Start with simple goals, such as “I’ll take a walk every day.” When you start seeing results, set new goals, such as “I’ll walk 45 minutes every evening.” Eventually, the new behavior will become a habit.
- ❑ **Make walking enjoyable.** If you don’t enjoy solitary walks, ask a friend or neighbor to join you. If you’re invigorated by groups, join a health club.
- ❑ **Vary your routine.** If you walk outdoors, plan several different routes for variety. Be sure to tell someone which route you’re taking.

Getting back in the game

If you find yourself skipping your daily walks, don’t give up. Remind yourself how good you feel when you include physical activity in your daily routine.

Then consider these tips for getting your walking program back on track:

- ❑ **Stop being hard on yourself.** Don’t let negative self-talk (“I’m a failure”) get in the way of starting again. There are no strikes in exercise; you’re not out after three attempts.
- ❑ **Re-evaluate your goals.** If your plan is to walk two hours a day, you may be setting yourself up to fail. Begin with a more realistic goal, such as 30 minutes a day.

- ❑ **Get going.** Do some kind of physical activity today, even if it's not a full workout.
- ❑ **Plan ahead.** If you're planning a trip or working overtime, consider ways to incorporate short walks into your day.

EXERCISING AFTER AN INJURY

After an injury, it's normal to worry about hurting yourself again — but don't let an injury keep you on the couch permanently. Use these techniques to work back into your walking routine:

- ❑ **Rest and treat the pain.** (See "Don't ignore pain," page 21.) If the injury is recurrent or doesn't seem to improve on its own, seek medical attention.
- ❑ **Perfect your form.** If your injury is recurrent, ask your doctor or a sports medicine specialist to help you detect — and correct — any flaws in your technique that may contribute to injury.
- ❑ **Consider a rehabilitation program.** Your doctor may recommend a rehabilitation program tailored to your injury to help you regain full motion, normal strength and balance.
- ❑ **Resume your walking routine.** Start slowly and increase gradually.

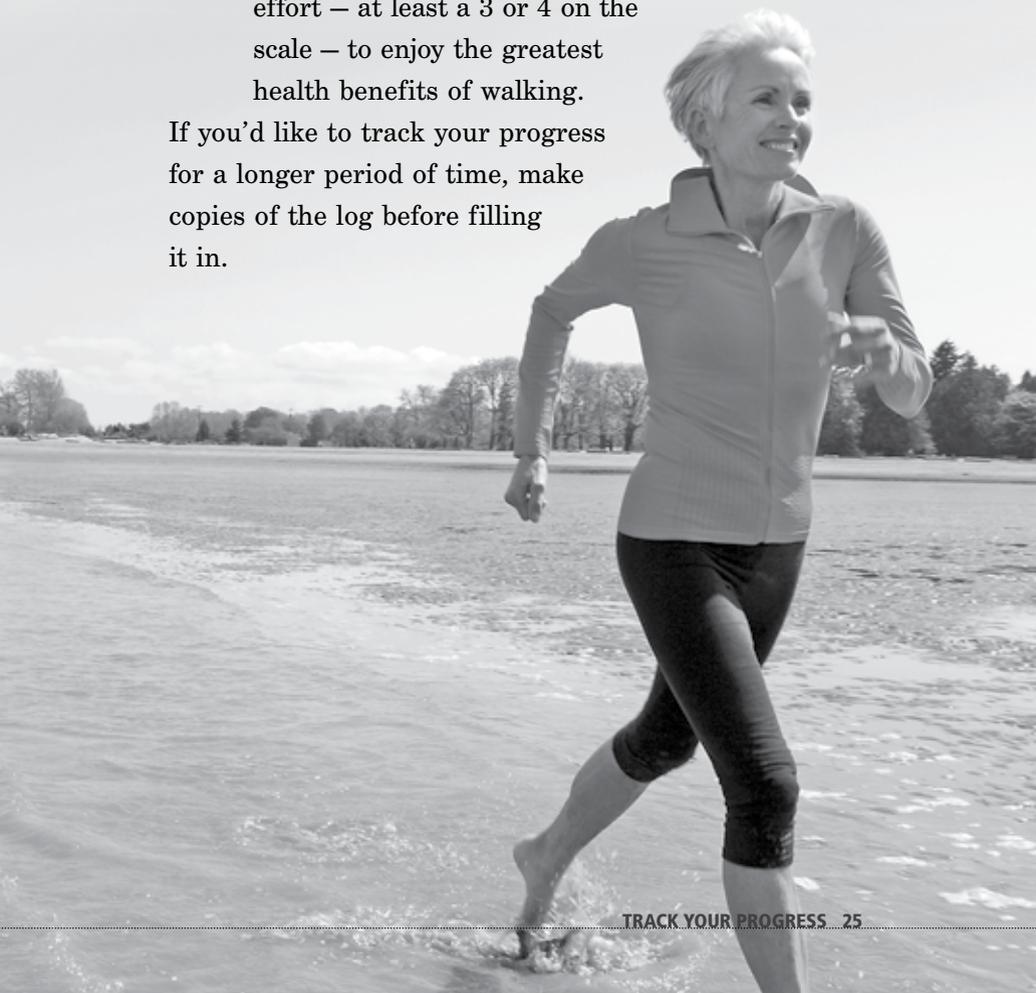


Track your progress

Use the log on the pages that follow to record details about your walks:

- Record the number of minutes you walk.
- If you're using a pedometer, record the number of steps you take.
- Keep track of the approximate number of calories you burn. (See the table on page 5.)
- Record the rating of your perceived exertion by using the scale on page 9. Remember, you'll need to exert a moderate to somewhat strong effort – at least a 3 or 4 on the scale – to enjoy the greatest health benefits of walking.

If you'd like to track your progress for a longer period of time, make copies of the log before filling it in.



Track your progress

WEEKS 1 THROUGH 3

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 1 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 2 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 3 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

WEEKS 4 THROUGH 6

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

4

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

5

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

6

Track your progress

WEEKS 7 THROUGH 9

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 7 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 8 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---|--------------------|-----|-----|-----|-----|-----|-----|-------|
| 9 | Minutes walked | | | | | | | |
| | Steps taken | | | | | | | |
| | Calories burned | | | | | | | |
| | Perceived exertion | | | | | | | |

WEEKS 10 THROUGH 12

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

10

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

11

| | SUN | MON | TUE | WED | THU | FRI | SAT | TOTAL |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| Minutes walked | | | | | | | | |
| Steps taken | | | | | | | | |
| Calories burned | | | | | | | | |
| Perceived exertion | | | | | | | | |

12

PEDOMETERS: STEP UP YOUR HEALTH

If you need motivation to get moving, consider buying a pedometer. This small device detects body motion, counts steps and displays the number on a screen. Many pedometers have additional features as well.

Set goals based on your fitness level and track your progress. Consider making 3,000 or more of your daily steps fast steps or working your way up to 10,000 steps a day.

Choose a pedometer that:

- ❑ Is simple to use and easy to read
- ❑ Can be read in indoor and outdoor lighting
- ❑ Is lightweight and fits snugly on your clothes
- ❑ Has a sturdy clip and a security strap so that you won't lose it

Keep in mind that a pedometer may record other movements you make (not just walking) as steps taken. For the most accurate daily tally, you may need to turn your pedometer off when you're not walking.



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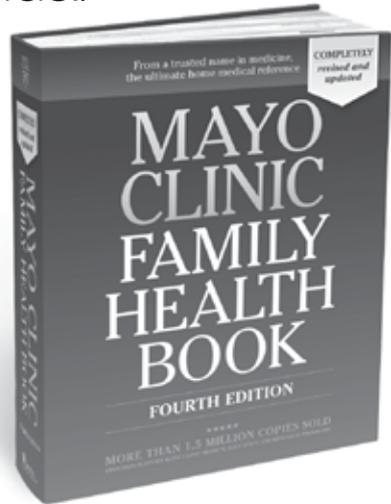
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