

## **Walk yourself slimmer**

### **Goals**

#### *Set yourself a realistic goal.*

Only you know what you want, so it is important to take the time to work out exactly what it is that you want and how you can actually achieve it.

E.g.\* I want to be fit enough to go on a walking holiday at Easter, where I will be expected to walk for 4-6 hours each day, with say up to 1000 foot of ascent.\* This way you have a very pleasant goal to look forward to and the motivation to keep you walking.



Getting thinner and fitter doesn't happen overnight but it will happen if you commit yourself to a walking plan. A walking plan that will take you up to 6 months to get into as a habit, so be patient and try not to jump on the scales after every walk, (weigh yourself weekly if you must!). Remember you need to combine walking with a healthy eating lifestyle to achieve the maximum benefit.

### **When to walk**

Find a time when to walk that suits your lifestyle and commitments

First thing in the morning

Walk during your lunchtimes or after work

Walk in the afternoon or evening to relax the mind after a hard day at work whether in the office or at home.

Find the time that best suits you and **stick** to it.

### **Starting to Walk**

If you are not active now, start slowly.

Build up from 5 minutes a day in the first week to 8 minutes in the following week, the next week 11 minutes etc., until you can walk for an hour and feel comfortable.

If you are reasonably active, start with 30 minutes walking, every other day again building up to an hour. Walking one mile can burn up 100cals of energy, more if you are overweight.

Remember to walk with your chin up and your shoulders slightly back and swing your arms as you walk.

### **Develop your own program**

If you don't enjoy your walks you won't stay on your program so it is very important that you really **enjoy your walking** – do what suits you – look at nature, think, daydream, or listen to

audio books, walk a dog, walk with a friend, join a walking group etc.

Get into the habit of walking. Make it a normal part of your day, and when you are not walking think about how much you will enjoy yourself on your next walk. Remember to stop any negative thoughts by immediately replacing them with thoughts of your most pleasant walk.

Ideally walk for 30-60 minutes for at least 3 times a week.

Brisk walking at a moderate pace for 30 – 60 minutes burns up stored fat instead of sugars, which helps to build muscle to speed up your metabolism and to maintain a healthy weight level.

Keep a diary of your walks – where you went, how long you walked for and/or how many steps. Don't forget to reward yourself.

### **Benefits of Walking**

It helps you control your weight

It gives you more energy

It makes you feel good (try it and see for yourself)

It helps you to relax

It helps you to sleep better

It exercises your heart and lungs.

So start walking today