

Walking to reduce your weight

What do I need?

A good pair of comfortable shoes that cushion your feet and absorb shock.



How to choose your Walking Footwear

All footwear, whether walking on a treadmill or out walking in the park or countryside should be well designed to absorb shock, as this is what takes the strain out of walking.

You risk damaging your feet by not wearing the correct footwear.

How far do you walk?

Over what type of terrain do you expect to walk?

Is it flat, hilly, rocky, sandy, on made paths or rough tracks?

Will you be walking on the sidewalks or in the gym?

If you are walking outside, consider the weather. I know it sounds obvious but nothing will put you off walking more than blisters, wet feet, sore toes, or aching feet.

Don't forget that your feet under normal conditions can sweat about a couple of cupfuls each day! It is important when you are exercising to provide your feet with the best footwear you can afford.

Layer your clothing so you can take off sweatshirts etc should you get too hot, even in winter, walking makes you sweat!

When should I start?

Today.

If you can't get out to walk today make the time tomorrow - don't put it off or you will never begin!

So today in preparation you can walk on your breaks, walk while on your cordless phone, or arrange to borrow someone's dog.

Warming Up

Important - do not start off too fast. Start at an easy pace for the first 5 - 10 minutes - this gives your body time to realize that it can't just burn up sugars, that it needs fat to burn.

Then for the next 20 - 40 minutes walk briskly.

In the last 5 minutes you should slow down to cool down.

How fast should I walk?

Steady walking that makes you breathe heavier (so giving your heart and lungs a good workout), yet you should be able to carry on a normal conversation.

Try imagining you are late for a train or date. Not so late that you have to run but late enough to make it important that you increase your pace.

How long do I need to walk for?

Ideally you need to build up to 30 - 60 minutes per day.

To keep the weight off as well as to lose it you need to keep walking. This is why it must become part of your lifestyle for the rest of your life. You could find a walking partner, join a walking club - enjoy your walking or you won't do it!

Once you can walk for an hour set yourself new goals.

You may like to walk your three miles, for instance, quicker or walk a longer distance in the same time.

If possible get yourself a pedometer which will record how far you have walked and the time it took you.

It is a good idea to record these in your diary so that over the weeks you can see your progress.

Enjoy your walking.