General walking tips

If you have not walked distances for some time, you should start slowly. Increase the length and pace of your walk gradually. Here are some tips on how to get started and how to prepare for walking.

* Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don’t walk immediately after a big meal.
* Build activity slowly – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.
* Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
* Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
* Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don’t forget your sunscreen and hat.
* Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
* Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.

