

Walk for Purpose

Going for a walk is a great idea. Particularly now with the COVID-19 pandemic restricting the types of physical activity we can do safely.

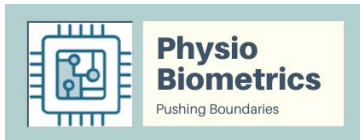
One of the challenges with going for a walk, rather than going to the gym, or going swimming, is that it is easy to lose focus and end up strolling along and not getting a work out.

A. Tips to Walk for Purpose

1. First Walk BEST – there is a free Walk-BEST workbook available at <https://physiobiometrics.com>
2. Have a schedule.
3. Have a destination.
4. Have a walking plan for each session.
5. Stick to the walking plan
6. Keep track of the distance, steps, and time walked.
7. Have a plan for increasing the walking challenge
8. Have Plan B for bad weather

B. Walk for Purpose Plan

1. Things to get started
 - a. A metronome app on your phone to keep up the pace
 - b. A step counter (pedometer, or the one on your phone)
 - c. Small back or fanny pack
 - d. Water bottle
 - e. Tissues
2. Have a walking route planned and set your time.
 - a. 30 minutes
 - b. 45 minutes
 - c. 60 minutes.
3. Divide the session into 6 equal blocks of 5 to 10 minutes depending on the total walking time planned.
 - a. Warm up at a slower pace 60 to 90 steps per minute.
 - b. Focused walking at higher pace 80 to 100 steps per minute.
 - c. Relaxed walk
 - d. Focused walking a higher pace 80 to 100 steps per minute
 - e. Relaxed walk
 - f. Focused walk at self-selected pace.
 - g. Keep track of your steps



C. Increase walking challenge.

Here are some suggestions:

1. Increase distance in the same amount of time
2. Increase duration of the walk but not the intensity
3. Choose a more challenging terrain, one that has hills or steps.
4. Try Nordic Walking Poles

D. Health and Safety

1. Minimize carrying of bags and purses (back or fanny pack).
2. Good, comfortable, footwear with a solid sole and support for the foot.
 - Net tops for summer
 - Solid tops for wet weather
 - No sandals or heels.
3. Carry some bandaids or moleskin patches in case of blisters.
4. Hydrate before walking and carry water.
5. Maximum walking intensity should be such that you can still walk and talk but cannot walk and sing.