



Performance
Physical Therapy

Care at its Best!
www.performanceptri.com

Why Walk? Why Not!

Why Walk? Its hard to find a reason why not to!

Benefits include;

- increasing and maintaining fitness |
- reduces risk of heart attack,
- reduces rate of type 2 diabetes,
- increases energy & muscle tone,
- stress reduction,
- decreases and maintains weight.



Make Your Walking Program Successful by Following these Guidelines;

Don't set unreasonable expectations; Begin with goals you can accomplish – for example, “I will walk for 15minutes, 5 days this week.” Once you successfully reach your goals, add to them.

Pace yourself; Start slow and easy, gradually building up your pace and distance. You should be able to maintain a “conversational” pace – one that enables you to hold a normal conversation while walking without feeling winded.

Shoe sense; Purchase walking shoes at a professional shoe store (specifically for running and walking), where trained staff can fit your exact type of foot.

Ensure you walk with proper gait; Your own particular style of walking or gait determines the distribution of the stress to various parts of your legs and feet. If you are experiencing discomfort, such as back pain, knee pain or foot pain or leg cramps - it may be the result of a gait problem and should be analyzed by a physical therapist.

Hydrate; Hydration should be maintained, especially in a hot humid weather. We recommend sipping a minimum 8-12 oz of water every 30 minutes. You can also try mixing water and a sports drink such as Gatorade, 50:50, if you plan on walking for an extended amount of time.

As a Bonus; To add to the benefits of walking, work on posture and strengthening “the core” when walking. Keep your chin tucked in, shoulders back and gently hold your lower stomach muscles in – these are the key muscles for taking care of your back.

Keep Motivated; Try these tips to make walking a long term commitment;

- Keep a walking log and compare week to week,
- Use a pedometer through out the day to track distant/steps.
- challenge your friends and family with walking log goals,
- step on the scales and see how walking lowers or maintains your weight,

Find the Time; Make walking part of your everyday routine. Find what works best for you;

- Make it Fun; Sign up for a local community walk, its fun, motivating and often these events are fundraisers for an important cause.
- Walk and Talk; Take the time to walk and talk with friends, family, your kids and work colleagues.
- Make it interesting; Seek new places to walk, such as parks, the beach and

different neighborhoods.

- Turn off the TV; Just for 30minutes! Listen to music or a book on tape.
- Include walking in your day; park your car a distance from your work place, the supermarket or school. Walk rather than drive whenever you can.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Pre-existing medical problem could effect your ability to participate in a walking program. Please feel free to check with your Physical Therapist if you have any questions about this information.

We are here to help you reach your Peak Performance!
Ph: 401-726-7100 or 401-435-4540
6 Convenient Rhode Island Locations
Check us out online at: www.performanceptri.com

Walking Log

***Rate of Perceived Exertion (RPE):** When walking aim for “conversational pace.” Rate on a scale of 1 to 10, with 1 being “very easy” and 10 being “maximum exertion”.

*** Resting Heart Rate:** This is generally lower in people who are physically fit. This can be measured by wearing an electronic device that measures heart rate or by taking your heart rate at your wrist or neck. Measure this at the beginning and end of your walk.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance: Miles/Steps							
Time of Walk							
*RPE							
Resting Heart Rate							
Notes							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance: Miles/Steps							
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