



مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

# Walking



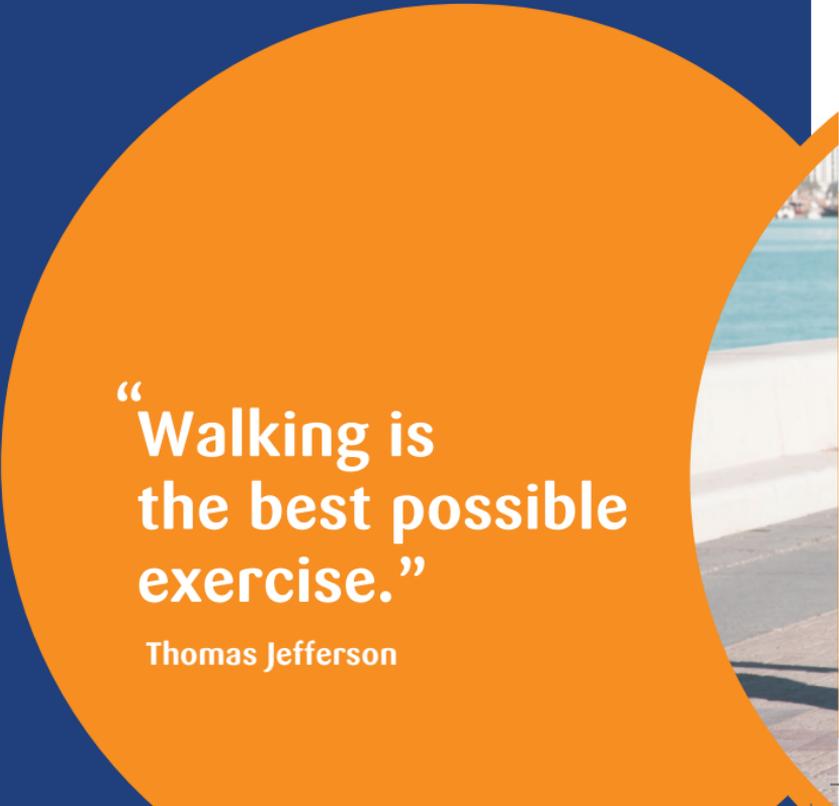


Best, safest, and most natural  
form of exercise

Effective form of exercise for all ages

Effective form of exercise for all  
states and levels of health

Increases sense of well-being



**“Walking is  
the best possible  
exercise.”**

Thomas Jefferson

## What is a health walk?



A health walk is a led walk lasting between thirty minutes and an hour and a half.



It should be led at a pace which is brisk for the individual.



It should take place over easy ground with leveled surface and no barriers.



It should start at a slow pace to allow warm up, speed up for the main part of the walk, and then slow towards the end once more to allow cool down.



It should make the individual feel warmer and sweat a little, increase their rate of breathing and raise their pulse, but not so fast that they cannot talk.



## What are the health benefits of walking?



Decrease risk of a heart attack.



Decrease chance of developing diabetes.



Lowers health care costs



Lower the cholesterol level as many people may not be aware of LDL and HDL.



Stimulates circulation



Strengthens the heart



Helps control weight “a brisk 1 hour walk burns 400 calories for the average person”



Helps reduce stress and depression  
“Keeps you emotionally healthy and enhances your well-being”



Develops and maintains better coordination



Prevents osteoporosis “builds strong bones and slow bone loss”



Reduces high blood pressure



Can help ease back discomfort



Improves muscle tone leads to lean, toned muscles, keeping you flexible and active



Develops strength, stamina and endurance  
“slows down the ageing process,  
keeping fit, agile and mobile”



Increases flexibility and aerobic  
endurance



Boosts your energy level “Lower your  
incidence of illness”.



Increases your metabolism



Best exercise for the brain “does not call  
for blood sugar for energy like in  
aerobic exercise”.



Reduces the risk for cancers.



Improves sleep



# Important health tips to get started on the right foot

## Medical Advice

- Always check with your doctor before starting any exercise program.
- Your doctor may require a physical exam or special instructions based on your medical history.
- Exercise according to your doctor's prescription.

## When to Start

- Don't overdo the exercise program if you are a beginning exerciser.
- For the first few weeks, do not push too hard, Let your body adjust to the new activity. Your breathing should be elevated, but you should not be gasping for air. A good rule of thumb is the "talk test"- if you cannot answer a question, you are walking too fast. If you can have a full conversation you are walking too slow.
- Walking shouldn't hurt, If it does, see your your doctor.

**EXERCISE**  
according  
to doctor  
prescription



**Wear a watch so you can monitor the time spent walking, You can also use a pedometer to keep track of distance.**



## Tips for healthy walking



Drink water before and afterwards.



If very thirsty, stop to drink during walk.



Don't walk right after a meal.



Leave at least 45-60 minutes after eating before taking a brisk walk.



Avoid the hottest midday hours (noon to 3pm).



The ideal time is morning or late afternoon.



After a good long or brisk walk, it is a wise idea to eat some form of carbohydrate within a couple of hours to restore glycogen.

## How fast should you walk?

### Strolling walk

Walking in a relaxed way, good posture, shoulders down, arms swinging naturally as you walk

### Brisk walk

Fitness, pace or aerobic walking, stepping up pace and pumping arms as walking.

### Power walk

For a very fit, younger, experienced walker; walking with weights (carrying them in hands and or strapping them on waist and ankles)

### Treadmill walk

- Chart distance and speed and time the walk.
- Good during bad weather

### Nordic Walking

- Nordic Walking is an enhancement of ordinary walking — Nordic Walking uses poles in order to add two major benefits to walking
- The use of poles means the upper body muscles are used as well as the legs
- The poles help to propel the walker along - this means he/she works harder than usual yet the support given by the poles makes it feel easier!

## Special things needed for walking?

### Good shoes, designed for walking

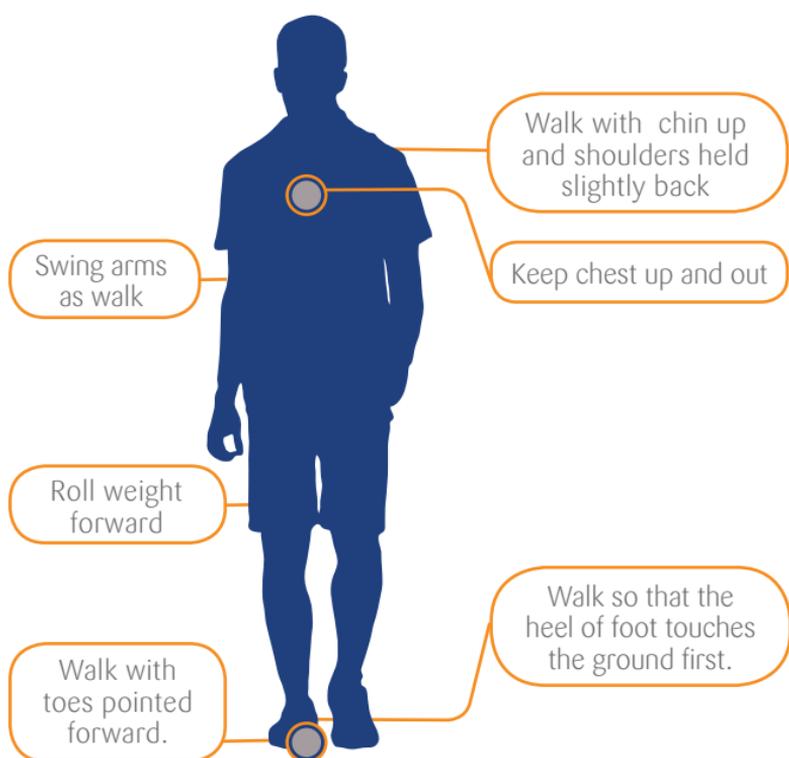
- During walking, land with 1½ times body weight on the outside of heels; then roll weight forward on the ball of foot.
- A good walking shoe will allow the rolling action of the foot with ease.
- Older people may be more stable in a shoe with a thinner hard sole.

### Comfortable clothes

- Don't restrict movements
- Wear layers during cold months so that can peel off as you warm up
- During hotter weather, it's important to stay well hydrated and keep cool. This means wearing the right clothing, drinking adequate fluids and staying out of the sun when it's at its hottest.



## Walking correctly



## Tips to Help Stick With a Physical Activity Program

- Wear good shoes and socks
- Stay hydrated
- Listen to a mp3 player “e.g. Quran”
- Log walk
- Set a schedule and keep to it.
- Invite friends and family to join.
- Motivate each other to keep it up.
- Pay attention to how great you feel!
- Tell someone about walking commitment

- **Think of walk in three parts.**

- Warm up by walking slowly for 5 minutes.
  - Then, increase speed and do a fast walk.
  - Finally, cool down by walking slowly again for 5 minutes.
- Do light stretching after warm-up and cool-down
  - Set goals.

- **Self-reward**

At the end of each month stay on exercise program, reward self with something new - new clothes, a new book - something that will help keep committed, But don't use food as a reward.



## How to do stretch

### Side Reach

Reach one arm over the head and to the side. Keep hips steady and shoulders straight to the side.

Hold for **10 seconds** and repeat on the other side



### Wall Push

Lean hands on a wall with feet about 3 to 4 feet away from the wall.

Bend one knee and point it toward the wall. Keep back leg straight with foot flat and toes pointed straight ahead.

Hold for **10 seconds** and repeat with the other leg.



## Knee Pull

Lean back against a wall. Keep head, hips, and feet in a straight line. Pull one knee to chest,

**Hold for 10 seconds and then repeat with the other leg**



## Leg Curl

Pull right foot to buttocks with right hand. Stand straight and keep knee pointing straight to the ground.

**Hold for 10 seconds and repeat with left foot and hand.**



## Hamstring

Sit on a sturdy bench or hard surface so that left leg is stretched out on the bench with toes pointing up. Keep right foot flat on the floor. Straighten back, and if feel a stretch in the back of the thigh.

**Hold for 10 seconds and repeat with right leg.**



# Walking is free

you can walk practically  
anywhere, with family or  
friends or by yourself.

All you need is a pair of  
comfortable walking  
shoes.



**Remember to  
invite the ones you  
love to join you...**

Let's keep them around a  
little longer too.

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