

## Six Rules to Stay on Track

- 1. THE ONE-MINUTE RULE.** If you don't feel like exercising, put your shoes on and exercise for at least **one minute**. You'll probably exercise for 30 minutes and feel great.
- 2. THE STOP RULE.** **Stop** exercising if you have any chest tightness or chest pain, severe shortness of breath, or feel dizzy, faint, or sick to your stomach. If you continue to feel this way, contact your health care provider.
- 3. THE WRENCH RULE.** If you have **muscle pain or cramping** during any exercise, stop that exercise. Relax the affected muscle by rubbing it gently with your hands. Start exercising again with slower and easier movements.
- 4. THE TALK TEST.** If you can carry on a normal conversation while doing your exercises, you are probably working at a safe level. If you become out of breath and find it difficult to talk to someone while walking or doing your exercises, you are walking or exercising too fast.
- 5. THE TWO-HOUR PAIN RULE.** If your exercises cause pain that continues **two hours** after exercising, don't do as many as you were doing and don't do them as strong. If this does not help, choose a different exercise that will give the same result but that is better for you.
- 6. MY BODY, MY FRIEND RULE.** Exercises that seem easy one day **may be too hard** the next. When this happens, cut back on the number of times that you do the exercise and then return to your amount when you can. If you notice a big change in what you are able to do, contact your health care provider for advice.



## Walking Your Way Back to Fitness

Walking is one of the most natural physical activities and the least likely to cause an injury.

A walking program is an excellent form of exercise for people because it combines stretching, strengthening, and endurance exercises.

Walking briskly while swinging your arms can almost give you all of the benefits of jogging without the strain on your body.



### THE BENEFITS OF WALKING

Walking can be **done anywhere, any season** of the year, at **no cost**.

You can **walk alone** or **with others**.

You **don't need any special equipment** or clothing, just comfortable shoes.

Walking is something you **can usually do for the rest of your life**.

Walking has a positive effect in the following areas:

- Strengthens muscles (including the heart), ligaments, tendons, and cartilage and tones leg muscles.
- Improves the body's ability to deal with sugar.
- Strengthens the bones to prevent them from breaking, and it may slow down osteoporosis, a thinning of the bones.
- Improves self-image and makes you happier.
- Increases caloric expenditure, controls appetite, and burns fat—you can lose weight as well as inches.

### STEP RIGHT THIS WAY

Find a route.

Put on your walking shoes.

Warm-up and stretch.

Walk 15–20 minutes between 3–5 times per week.

You'll feel great!