

WALKING TIPS

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Make every walk a complete workout by including these elements in sequence. Neglecting to do so may make walking more difficult, and increase the risk of injury.



WARM UP

Warm up by walking at a lower intensity in order to get the blood circulating and let your body know that you are preparing for exercise. For many of your walks it will only be necessary to warm up about five minutes. As you progress through your walking program you will need to warm up longer.

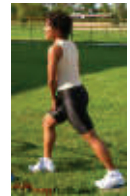
STRETCH

Stretching is part of your warm up and should be done after you have warmed up with 5 to 10 minutes of easy walking. The faster you plan to walk the more time you will need to dedicate to stretching exercises. If you don't have your own routine, here are a few stretches to try:

- **Quadriceps Stretch** -- Stand. Pull your ankle towards your backside, keeping your knees together, holding a support if needed. Feel the stretch on your quads. Hold for 30 seconds.



- **Calf Stretch** -- Stand with feet hip-width apart. Step forward. Keep back foot flat, heel on the ground. With back-knee locked slowly push heel down. Feel the stretch in your calf muscle.



- **Hamstring Stretch** -- Place leg on a step. Tilt foot up keeping knee straight. With the back straight, bend your chest forward. Feel the pull behind the knee and hamstring. Hold 30 seconds.



- **Ankle Circles** -- While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

- **Hip Flex** -- Stand in walking position. Place hands on waist. Keep the rear leg almost straight. Push hips forward & down, keeping the back straight. Feel the stretch in your hips.



**Step
Out**
Walk to Fight
Diabetes

Step Out: Walk to Fight Diabetes, formerly America's Walk for Diabetes, is about changing the face of diabetes in our country—by raising funds to help find a cure and by walking a few miles to bring a greater awareness to this devastating disease. Step Out is a whirlwind day packed with energy, fun, support for others and a perfect amount of selfless dedication. Anyone can take part—your participation isn't measured by your dexterity or speed, but your enthusiasm and commitment to ending diabetes. Bring your friends and family and join **DEFEAT DIABETES with Team Dignity**. Together, we can crush this epidemic. For more information, contact Team Leader Jacqueline Ruiz at jacqueline.ruiz@sci.us or (805) 495-0837.



WALKING TIPS

WALK

Now that you have warmed up you should be ready to complete your walk at your normal walking pace. Your breathing should be elevated, but you should not be gasping. A rule of thumb is...if you can not talk you are walking too fast, if you can carry a tune you are walking too slow.

COOL DOWN

At the end of your workout, be sure to walk at a slower pace to cool down. In the beginning, if your walks are shorter, you only need to cool down for a couple of minutes. As your walking time and intensity increases, your cool down walk should increase as well.

STRETCH

Take the time to stretch AFTER every workout. This is often the most neglected part of walking. In the beginning stretches should take at least 5 minutes. As you increase distance and pace of your walk, you will need to stretch for longer periods.



IMPORTANT STRETCHING RULES

1. Never stretch cold muscles.
2. Do not bounce. Stretch slowly and hold until you feel a gentle pull, but never pain.
3. Hold each stretch for 30 to 40 seconds.

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Beginning with Bereavement Travel Services for family members and friends, Pierce Brothers Valley Oaks - Griffin Memorial Park offers a wide range of unique services. Families can take advantage of a 24-hour Compassion Helpline®, National Transferability of Pre-arrangements, Internet Memorial with Video Archives, Child/Grandchild Protection, Aftercare® Planner, access to a Grief Management Library, Legal Services Membership, and Away from Home Travel Protection.

A proud member of the Dignity Memorial® national network of over 1800 funeral, cremation and cemetery providers, the memorial park is devoted to exceeding expectations and providing a standard of service that is 100 percent guaranteed.