



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Walking Tips

Walking is one of the most versatile forms of exercise because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you. Do you like to move as soon as your feet hit the floor?

- Before you go to bed, get your walking clothes and shoes ready so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a few spoonfuls of yogurt for a quick fuel-up.
- If it's still dark, wear reflective clothing or carry a flashlight.
- Walking to your favorite tunes may help get you moving. Just make sure you can still hear traffic.
- Be sure to stretch a bit at the end of your walk. Watch a morning news show or check your email while stretching.
- Is lunchtime the only break in your busy day? Schedule your lunchtime walk in your calendar.
- Keep everything you need for walking at work. This way you won't find yourself saying "I forgot my shoes. I can't go."
- In cooler weather, you might need a jacket, hat or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.

Every Step Counts

30 minutes of brisk walking at least five days a week is one way to meet the goal of 2.5 hours per week for most adults. But what if you're so tight on time that you can't spare a half hour every day? Get creative and break up your activity into shorter sessions.

For example: In the morning, park or get off the bus/train about 10 minutes away from your job and walk briskly to work. At lunch, walk for 10 minutes around where you work, indoors or outdoors. At the end of the day, walk briskly for 10 minutes back to your car or station. And there you have an easy 30-minute daily workout! Remember, exercise is any kind of physical activity that gets your heart rate up.

Frequently Asked Questions:

How can I make time for walking with such a busy schedule?

Sneak walking into other parts of your routine, try walking after dinner with your family!

Discussion Question:

- What steps will you take to add more walking into your daily routine?