

DO's And DON'T s of Walking

Make sure to pay attention to your body & your surroundings. Walking with proper form and paying attention to the environment around you may help prevent injury and increase enjoyment!

DON'T over stride. As you walk faster, you may be tempted to lengthen your stride, reaching out further with your forward foot. This increases the risk of straining a leg muscle.

DO take shorter faster steps if you want to increase the speed of your walk.

DON'T put your head down. Walking with your head down can cause back, neck or shoulder strain.

DO keep your head up! Keeping good posture allows for proper breathing, Keep your eyes about 10-20 feet ahead and shoulders retracted.

DON'T walk alone, especially at night.

DO make sure you carry identification, a cell phone or whistle, and let someone know where you are going and when to expect you back. Wear reflective or light colored clothing after dusk for safety.

DO wear appropriate clothing. Dress in layers to make sure you stay cool enough in warm weather and warm enough in cool weather. In hot weather try to walk early to avoid overheating, decrease the length and intensity of your walk and make sure to stay hydrated with water. Do wear sunscreen and a hat when walking or being physically active outdoors—remember sun safety!

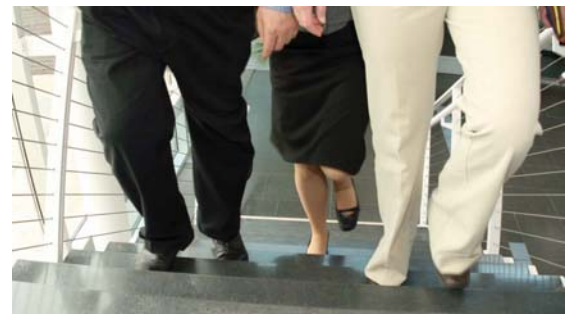
DON'T ignore pain. If you feel pain don't continue your activity— by neglecting pain you risk worsening an injury.

DO start slowly. If you are currently inactive, take one step at a time. **WALKING IN SHORT 10 MINUTE SESSIONS 3 TIMES A DAY IS JUST AS EFFECTIVE AS ONE 30 MINUTE BOUT.** Start with as little as 5 minutes of activity at a time until you feel stronger.

NEXT GROUP WALK

Monday 10/13
12:30pm
@the Student Center

**DID YOU TRACK
YOUR STEPS
TODAY??**



TAKE THE STAIRS WHEN YOU CAN

A study in *Preventive Medicine* showed that for sedentary people, even a few minutes of daily stair climbing can improve cardiovascular health!!

Make sure the stairs become part of YOUR daily routine— even if you only take them half way up to your final destination.

**Southern
on the MOVE**



www.SouthernCT.edu/OnTheMove