

Don't wish
for a
healthier
body.
Own one.



WALKING CAN
KEEP YOUR MIND,
BODY AND SOCIAL
LIFE HEALTHY



A GOOD WALK CAN
DO WONDERS FOR
YOUR MENTAL
WELLBEING



YOU DON'T HAVE
TO DO A LOT TO
REAP THE
REWARDS

TONIC

WEIGHT LOSS



According to health guidelines we should all be taking at least 150 minutes of exercise a week, that's just 30 minutes of exercise five days a week. Walking is one of the easiest, most enjoyable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and a bit of enthusiasm!



To begin: Start slow and take it easy. Just walk out the door. Walk for 10 minutes in one direction, turn around and walk back. It's that simple. Do this every day for a week. If this was easy for you, add 5 minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking for as long as you enjoy.

If you're new to exercise, start off with slow, short sessions and build up gradually. Don't think about speed, just enjoy being outdoors, wherever the weather. After you have been walking for a couple of weeks consider slowly picking up the pace. Drink plenty of water before, during, and after walking.

The toughest thing about starting an exercise program is developing a habit. Walking daily will help with this. In the beginning just aim to get out the door on a regular basis. After you have formed a habit you can then consider following a program and setting yourself goals.

Walking for weight loss: you will probably need to walk for a minimum 45 - 60 minutes five days a week at a moderate to brisk pace. Walk fast enough to elevate your heart rate, but you should not be gasping for air. Increase both mileage and pace slowly to prevent injury.

If you have a medical condition or any health concerns check with your doctor for advice before you begin a routine.

Cheryl Hicks is Tonic's lifestyle coach who offers complimentary support with motivation and well-being. For support and information contact Cheryl on cherylhicks@me.com



Hold your head high

Look forward not at the ground

Keep your chin parallel to the ground

Relax shoulders and allow them to move naturally

Keep your back straight, not arched

Gently tighten your stomach muscles

Swing your arms freely with a slight bend in your elbows

Walk smoothly rolling your foot from heel to toe