Walk More

Read these articles to get tips for your walking routine! Please click on the hyperlink to read more.

1. [**Walking 101**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking-101_UCM_461766_Article.jsp)

Get the basics behind the easiest fitness activity around!

1. [**Injury Prevention**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Preventing-Injury_UCM_461780_Article.jsp)

Walking is one of the gentlest forms of physical activity, but there are still some things to know to minimize your risk of injury.

1. [**Begin with a Good Stretch**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Stretches-for-Walking_UCM_461779_Article.jsp)

Walking is a great way to add physical activity into your healthy lifestyle. But remember, stretching is a very important part of your activity program. Be sure to warm up and stretch slowly for at least 5 minutes before you begin.

1. [**Warm Up, Cool Down**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Warm-Up-Cool-Down_UCM_430168_Article.jsp)

Learn how stretching, warming up and cooling down can help you get the most out of your work outs.

1. [**Morning, Noon and Night**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking-Morning-Noon-or-Night_UCM_461781_Article.jsp)

These time-specific tips will help you stick with your walking routine, no matter what time of day you do it!

1. [**What to Wear When You Walk**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/What-to-Wear-When-You-Walk_UCM_461783_Article.jsp)

As the weather changes, so should your clothes. Learn what you need to keep walking year-round.

1. [**Wearing the Right Shoes**](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Wearing-the-Right-Shoes-for-Walking_UCM_461782_Article.jsp)

The right pair of shoes can make all the difference. Get some helpful hints on finding your perfect pair!

1. [**Walking Terminology**](http://www.startwalkingnow.org/res_walkmore_terminology.jsp)

Learn some new terms you’ll be using as you become a power walker.

\*\*taken from <http://www.startwalkingnow.org>

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

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