

Walk THIS Way

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Walking strengthens the body, rejuvenates the mind and enlivens the spirit

It's never too late to learn how to maximize walking for exercise
and improve your health with walking

There are four types of walking, and I bet you fall into one of these “personality” types. The key is knowing the types and incorporating them into your walking program to gain the results you are seeking in your exercise program.

Strolling: This type of walking can be considered **casual walking**. This type of walking is best for beginners or those just getting back to exercising regularly. This is the type of walking MOST people do.

- Casual pace: 2.0-3.5 mph
- Low intensity with little or no perspiration
- Prefer slower, possibly longer walks

Rolling: This type of walking can be considered **power walking**. For those seeking to step up the experience and challenge themselves a bit more.

- Fitness pace: 3.5-4.5 mph
- Enjoys moderate to challenging exercise
- Seeking to enhance muscle and bone strength

Burning: This type of walking can be considered **interval walking**. For those who desire to boost energy, mood and reduce belly fat.

- Shorter, but more challenging workout
- Vary walk/run- ranging from 4.5-6.5 mph
- Enjoy different speeds, terrains, elevations

Toning: This type of walking is a bigger jump in your wellness program, and can be considered **circuit walking**.

- Slows the aging process
- Helps shape, strengthen and define upper and lower body
- Uses fitness props and tools
- Variable speeds from 4.5-6.5 mph with resistance training

