

Utilizing All of Your Muscles

Work It!

A muscle workout while you walk

You don't have to spend all of your free time in a gym to tone your muscles. You can get results from a few simple exercises you can while walking.

Define your muscles with the tips below. To avoid strain or discomfort, perform only one of the exercises at a time while you walk. Hold each exercise for 15 seconds, release and repeat. Continue this pattern for the duration of your walk. If you begin to feel comfortable doing them, you may want to perform some of them together.

Tighten Your Tush – While you walk, try to squeeze your buttocks together. Squeezing your gluts helps strengthen your lower back and shapes your backside.

Squeeze Your Abs – Pull your abs in and up – you can think about pushing your bellybutton to your spine. This too can strengthen your

lower back while improving posture.

Walk On Water – Well, maybe not ON, but IN. If you have access to a pool, try walking in water that's between waist- and shoulder-high. This is a great way to deviate from the norm and give your upper and lower body some resistance training.

Pumping Iron

Completing your fitness routine

Walking is a great cardiovascular and lower body workout, but don't forget about your upper body. You can get all of your muscle groups toned and fit through resistance training. Resistance training can improve your:

- strength
- muscle tone/size
- muscular endurance
- cardiovascular fitness
- flexibility

Adding strength training to your walking routine will make your workout regimen more

comprehensive. Cardiovascular exercise (walking) and resistance training are recommended by the American Heart Association, Centers for Disease Control and Prevention, and the American College of Sports Medicine. A well-rounded physical activity routine may help prevent type 2 diabetes, heart disease and even some types of cancer.

So, how do I get started?

Beginning a new fitness activity may require the “OK” from your physician after he/she has assessed any risks. Once you’ve got the go-ahead, don’t just dive in. Make sure you are properly informed on correct technique, appropriate weight, and which exercises work which muscles. Feel free to use Kayte as a resource to answer your questions and help get you started.

If you aren’t able to use a local gym or hire a personal trainer, there are much less expensive and still effective ways of resistance training. Investing in a few free weights or resistance bands and a strength training video would be much easier on your pocketbook.

Resources:

Book: Weight Training for Dummies

Website: ace.org

This Week’s Challenge

Add onto your program. Add an extra day of walking to keep your routine challenging.

Five Questions

1. Do you notice benefits from your changed behavior?
2. Do you exercise to relieve stress or undo the effects of a bad day?
3. Is exercise an opportunity for you to sort thoughts/feelings of the day? Or is it a time to think about nothing?
4. Does having others exercise with you help you stay on track, or do you prefer to exercise alone? Do you see benefits associated with both?
5. Have others made comments to you about any positive behavior or physical changes they’ve noticed since you started the program?