Walking Tips

Before Walking

Warm Up!
- Get ready to walk in comfortable clothing and supportive sneakers
- Hydrate with water or a sports drink 30 minutes before the walk
- Start walking at a pace slower than normal to allow your heart rate to rise slowly

While Walking
- Watch for cracks in the sidewalks, curbs, and potholes
- If you get fatigued, slow down, find a seat, and take a rest before continuing on your walk. Try to keep water close by during the walk.

After Walking

Cool Down!
- Slow your walking pace for 2-5 minutes before your final destination to allow your heart rate to slowly lower
- Stretch the muscles in your legs slowly and only after walking – hold for a slow count 30 seconds
- Hydrate with at least 8 oz of water or a sports drink after walking and throughout the rest of the day