

# **Get Fit for Life**

## **Walk yourself slimmer.**

*Set a realistic goal.*

Only you know what you want, so it is important to take the time to work out exactly what it is that you want and how you can actually achieve it.

Getting thinner and fitter doesn't happen over night but it will happen if you commit yourself to a walking plan. A walking plan that will take you up to 6 months to get into as a habit, so be patient and try not to jump on the scales after every walk, (weigh yourself weekly if you must!). Remember you need to combine walking with a healthy eating lifestyle to achieve the maximum benefit.

### **When to walk**

Find a time when to walk that suits your lifestyle and commitments

First thing in the morning

Walk during your lunchtimes or after work

Walk in the afternoon or evening to relax the mind after a hard day at work whether in the office or at home.

Find the time that best suits you and **stick** to it.

### **Starting to Walk**

If you are not active now, start slowly.

Build up from 5 minutes a day in the first week to 8 mins in the following week. Then the next week 11 mins etc. until you can walk for an hour and feel comfortable.

If you are reasonably active, start with 30 mins walking, every other day again building up to an hour. Walking one mile can burn up 100cals of energy, more if you are overweight.

Remember to walk with your chin up and your shoulders slightly back and swing your arms as you walk.

### **Develop your own program**

If you don't enjoy your walks you won't stay on your program so it is very important that you really **Enjoy your walking** – do what suits you – look at nature, think, daydream, or listen to audio books, walk a dog, walk with a friend, join a walking group etc.

Get into the habit of walking. Make it a normal part of your day and when you are not walking think about how much you will enjoy yourself on your next walk. Remember to stop any negative thoughts by immediately replacing them with thoughts of your pleasantest walk.

Ideally walk for 30-60 mins for at least 3 times a week. Brisk walking at a moderate pace for 30 – 60 mins burns up stored fat instead of sugars, which helps to build muscle to speed up your metabolism and to maintain a healthy weight level.

Keep a diary of your walks – where you went, how long you walked for and/or how many steps.

Don't forget to reward yourself.

### **Benefits of Walking**

It helps you control your weight

It gives you more energy

It makes you feel good (try it and see for yourself)

It helps you to relax

It helps you to sleep better

It exercises your heart and lungs.

**So start walking today!**