

Safe Walking Technique



- 1. **Focus on a tall walking posture**—head back, abdomen in, buttocks under.
- 2. **Take even, comfortable steps.** Lengthen steps and keep unused muscles loose.
- 3. **Allow your arms to swing freely and rhythmically.**
- 4. **Keep your body relaxed, knees slightly bent.**
- 5. **Wear loose-fitting clothes, preferably cotton.** This allows body heat to escape.
- 6. **Wear layers of clothing with a cotton layer next to your body.** In cold weather, wear a hat, scarf and gloves (or walk indoors at a shopping mall).
- 7. **Choose good walking shoes:** good arch support, non-slip soles (such as rubber), and breathable uppers such as nylon mesh.
- 8. **Check your heart rate after you walk for a few minutes.** If you reach your target heart rate, walk a little faster. Do not walk so fast that you are not able to talk while you walk—if you can't talk, SLOW DOWN.