



# WALKING CHALLENGE

**Congratulations on making it halfway through the Walking Challenge. This week we challenge you to step up the intensity or duration of your daily walk. Brisk walking is an excellent aerobic workout that reduces the risk of high blood pressure, high cholesterol, and diabetes.<sup>1</sup>**

**NEWSLETTER WEEK 3**

*“All truly great thoughts are conceived while walking.”*

—Friedrich Nietzsche

## Stay hydrated

Replacing water in the body lost during exercise will help you avoid dehydration. Water is the best drink before and after your walk. Drink at least 2 cups of water before an activity and 2-3 cups of water after you are finished with the activity.<sup>3</sup>

## STEP IT UP

*Think about your walking pace over the last two weeks and look at the descriptions below. Is your pace a stroll, a brisk walk, or a power walk?*

### STROLL

This is a casual slow walking pace when you barely exert yourself. At this pace, you can breathe without effort while holding a conversation.

### BRISK WALK

This is a faster pace when you are walking quickly and moderately exerting yourself. At this pace, you can carry on a conversation, but you may start to breathe a little heavier and need to catch your breath throughout the conversation.

### POWER WALK

This is a high-intensity pace when you are heavily exerting yourself. At this pace, you may be able to say a couple of words between breaths, but holding a conversation will be very difficult.

## Here are some tips for increasing intensity and duration of your daily walk.

- Increase your pace slowly and gradually.
- Begin walking faster, going further, and taking longer walks.
- Park farther from your destination.
- Take the stairs.
- Use a pedometer or phone app to track your steps or calculate miles, and strive to keep achieving new goals.
- Walk most days of the week. If you cannot schedule longer walks, take several shorter walks of at least 10 minutes each during the day.
- To get the most substantial benefits, aim to walk briskly for at least 150 minutes a week.<sup>2</sup>

#### Recommendations adapted from:

1. Williams PT & Thompson PD. Walking versus running for hypertension, cholesterol, and diabetes mellitus risk reduction. *Arteriosclerosis, Thrombosis, and Vascular Biology*, 2013; 33:4.

2. United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. 2008. Accessed at [health.gov/paguidelines/pdf/paguide](http://health.gov/paguidelines/pdf/paguide) on March 15, 2016.

3. Cleveland Clinic. Avoiding Dehydration, Proper Hydration. 2017. Accessed at [my.clevelandclinic.org/health/articles/avoiding-dehydration](http://my.clevelandclinic.org/health/articles/avoiding-dehydration) on March 15, 2016.



## Move More Break

Take a 10-minute walk with a group from your organization before you go out for a meal together.



For more on North Carolina's walking campaign, visit [MoveMoreWalkNowNC.com](http://MoveMoreWalkNowNC.com)