Resources:
The Center for Disease Control and Prevention
4770 Buford Highway, NE, K-26
Atlanta, GA 30341
www.cdc.gov/nccdphp/dnpa

American Heart Association
www.americanheart.org

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov/guidelines/obesity/
ob_gdlns.htm

President’s Council on Physical Fitness/Sports
Department W,
200 Independence Avenue, SW
Room 738-H
Washington, DC 20201-0004
Phone: (202) 690-9000
www.fitness.gov

www.medicinet.com/exercise_and_fitness

www.thewalkingsite.com

Funded in part by:
National Cancer Institute
www.cancer.gov

Walking for Fitness

The Texas Obesity Research Center promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

For more information about the Texas Obesity Research Center contact:

Texas Obesity Research Center
University of Houston
3855 Holman St., Room 104 Garrison
Houston, TX 77204

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713.743.1183

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https://www.uh.edu/torc

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Why is Physical Activity Important?
• Physical activity helps prevent chronic diseases, like heart disease and stroke.
• Physical activity helps reduce blood pressure.
• Physical activity helps reduce depression and anxiety and increase feeling of well-being.
• Regular aerobic physical activity increases your fitness level to handle everyday tasks more efficiently.

Stretching is Important
• Stretch before and after you walk.
• Stretching before you walk decreases the chance of injury and muscle soreness and increases your walking performance.
• Warm up for a few minutes with a slow walk, then stretch your hamstrings, ankles, calves, and groin.

How Much is Enough for Good Health?
• At least 30 minutes of moderate-intensity physical activity is recommended for good health.
• Although more is better, any physical activity is better than none.
• Walk briskly at least 5 days each week.
• Walk for 60-90 minutes daily for weight loss or weight maintenance.

The Benefits of Walking
Walking at a moderate pace for 30-60 minutes:
• Burns stored fat
• Builds muscle, which speeds up your metabolism
Walking for 1 hour per day is also associated with reduced risk of:
• Heart disease
• Breast and colon cancers
• Diabetes
• Stroke

Burning More Calories per Mile
• Racewalk: Speeds faster than 13-minute mile rate help you burn more calories per mile, use more muscle groups, and build muscle.
• Use Walking Poles: Fitness walking poles such as Nordic Walker, Exerstrider sticks or Leki poles are an option for those who cannot walk fast and want to burn more calories per mile.

Walking Strategies
• Start gradually.
• Walk with a friend or pet.
• Choose good quality walking shoes.
• Keep track of how far, how long, and how often you walk, for a real sense of achievement.
• Be prepared to seize opportunity: Keep a pair of walking shoes in your car or office.

Remember: you should stretch, walk, and then stretch again.

Please talk with your doctor before starting vigorous physical activity.