



## Start Today

The arrival of warmer weather prompts many of us to take our fitness routine outside to enjoy the fresh air and sunshine. If you're rolling your eyes thinking, what fitness routine, today is a great day to dust off your sneakers and commit to being more active. For most people, walking is a perfect place to start because you don't need to purchase expensive equipment or have a gym membership. With a good pair of walking shoes and comfortable clothing, you're ready to go.



## THE BENEFITS OF WALKING

Walking has become a popular fitness activity because it is relatively low risk and can be done by most everyone. A regular walking program can:

- Improve cholesterol
- Boost bone strength
- Lower blood pressure
- Prevent weight gain
- Increase energy and stamina
- Decrease risk for disease
- Improve function and mobility
- Reduce stress
- Improve sleep quality

## PHYSICAL ACTIVITY GUIDELINES

Adults should aim for at least 150 minutes of moderate-intensity aerobic activity a week and also include activities that strengthen muscles on at least two days a week. Walking can help you accomplish both goals.

If you are relatively sedentary, don't beat yourself up. Accept that you are where you are, and that now is the time to change your habits and just start walking.

Research shows that all activity is beneficial for improving and protecting your health, so if five minutes is your physical limitation, try doing five minutes two or even three times a day. Do this daily and gradually add more time with each walk as your body gets stronger. Remember, some activity is better than no activity. So set realistic goals, be consistent, and reap the health benefits of a daily walking routine.

## SAFETY FIRST

When the temperature goes up, any type of outdoor exercise can be more challenging, including walking. It's important to take measures to avoid becoming overheated. Increased humidity also means your sweat doesn't evaporate as quickly, so your body has a harder time cooling itself.

## HERE ARE A FEW SAFETY TIPS TO KEEP IN MIND:

- If you have a medical condition, are overweight, or over 50, check with your doctor to be sure you are ready to start a walking routine
- Start where you are; gradually increase the time you spend walking
- When possible, avoid walking outside between the hours of 12-3 pm when the sun is usually hottest
- Drink water before, during and after your walk
- Wear lightweight, moisture-wicking fabrics with reflective features
- Listen to your body - take frequent breaks in the shade if needed
- Protect yourself from the sun: wear sunscreen, sunglasses, and a hat
- Stick to sidewalks or marked walking paths; avoid walking on the side of the street when possible
- Choose public spaces: avoid using back alleys and isolated areas
- Find a walking buddy for added fun and safety
- Know the pedestrian laws in your community and follow them
- If it's just too hot outside, move your walk indoors; many schools, malls and community centers allow walkers to use their facilities

## KNOW THE SIGNS OF HEAT-RELATED ILLNESS

Heat Exhaustion: Stop exercising right away, drink water, move to the shade and douse yourself with cold water. You may need to seek medical attention. Symptoms include:  
Heat Stroke: Heat stroke is much more serious and requires immediate medical attention. Call 9-1-1 and get to a cooler place right away if you experience these symptoms.

## 12-WEEK WALKING PLAN FOR BEGINNERS

Not sure how to begin a walking routine? Try the National Heart, Lung, and Blood Institutes's sample walking program outlined below. Always remember to allow your body time to warm-up and cool-down with a five minute slower-paced walk at the beginning and end of your session. Try to walk briskly at least 5 days each week. To gauge your exercise intensity, at a brisk walk you should be slightly out of breath, but still be able to carry on a conversation = **moderate intensity**.

WEEK	WARM UP	MODERATE INTENSITY	COOL DOWN	TOTAL TIME
WEEK 1	Walk 5 Minutes	Walk Briskly 7 Minutes	Walk 5 Minutes	17 Minutes
WEEK 2	Walk 5 Minutes	Walk Briskly 9 Minutes	Walk 5 Minutes	19 Minutes
WEEK 3	Walk 5 Minutes	Walk Briskly 11 Minutes	Walk 5 Minutes	21 Minutes
WEEK 4	Walk 5 Minutes	Walk Briskly 13 Minutes	Walk 5 Minutes	23 Minutes
WEEK 5	Walk 5 Minutes	Walk Briskly 15 Minutes	Walk 5 Minutes	25 Minutes
WEEK 6	Walk 5 Minutes	Walk Briskly 18 Minutes	Walk 5 Minutes	28 Minutes
WEEK 7	Walk 5 Minutes	Walk Briskly 20 Minutes	Walk 5 Minutes	30 Minutes
WEEK 8	Walk 5 Minutes	Walk Briskly 23 Minutes	Walk 5 Minutes	33 Minutes
WEEK 9	Walk 5 Minutes	Walk Briskly 26 Minutes	Walk 5 Minutes	36 Minutes
WEEK 10	Walk 5 Minutes	Walk Briskly 28 Minutes	Walk 5 Minutes	38 Minutes
WEEK 11	Walk 5 Minutes	Walk Briskly 29 Minutes	Walk 5 Minutes	39 Minutes
WEEK 12	Walk 5 Minutes	Walk Briskly 30 Minutes	Walk 5 Minutes	40 Minutes

## HEALTHY RECIPE



### ingredients:

- ¾ cup Almond Milk
- ¼ cup water
- 2 Tbsp. fresh lemon juice
- 1 tsp. pure vanilla extract
- 1 scoop Vanilla Protein
- 1 tsp. finely chopped lemon peel (lemon zest)
- 1 cup ice
- Optional: flaxseed, chia seeds, MCT Oil

### instructions:

1. Place milk, water, lemon juice, extract, protein, lemon, peel, and ice in blender; cover. Blend until smooth.
2. Serve immediately.
3. Optional: If you need more sweetness, add a tbs. of raw honey or agave nectar