

- Use proper technique: walking is great exercise because it's so simple to do, but correct posture and movements are essential.
- Set realistic goals: begin with "30 minutes four days each week", then see if you can increase the frequency (more days), intensity (how briskly you walk) or time (increase from 30 to 45 minutes each walk).
- Track your progress: record the miles you walk so that we can measure our progress toward Jerusalem! And, keeping a record of personal measurements such as weight, blood pressure, etc. helps you to see the health benefits you've achieved.
- Stay motivated! - make it fun by walking with family or a friend - we'll need a lot of feet in motion to reach our goal by Easter! Also, take different routes to add variety.

www.mayoclinic.com/health/walking

"Exercise benefits of walking vs. running"
<http://answers.google.com>

<http://walking.about.com/cs/healthbenefits>

"The Numerous Benefits of Walking"
www.aarp.org/health/fitness/walking

"3,000 Steps in 30 Minutes"
www.consumersreports.org/health/2009/03

3,000 STEPS IN 30 MINUTES!!

Want to get the most out of your pedometer? Try walking 3,000 steps in 30 minutes! By walking in those increments at least five days a week, most Americans would meet the government's recommended fitness guidelines, according to a study published in the American Journal of Preventive Medicine.

Current guidelines recommend that adults get at least 2½ hours of moderate aerobic activity each week (30 min./day, five days/week... Kids need 60 min/day). Brisk walking is an easy way to reach that goal. But it's not always easy for people to tell if their pace is fast enough (CLUE: moderate activity should allow you to talk comfortably as you walk, but cause you to be too out-of-breath to sing!)

Researchers found little difference among genders and weight, meaning that pretty much anyone can benefit from walking 3,000 steps in 30 minutes a day.

Walking puts far less strain on your joints than running/jogging. It's one of the safest exercises you can do and it provides great cardiovascular benefits. Dr. Dean Ornish, Clinical Professor of Medicine at UC/San Francisco notes, "When you run a mile, you're burning mostly carbohydrates... when you walk a mile, it gives your metabolism time to switch from burning carbs to burning fat!"

Trek to the Tomb



**Walking Program
of
St. John's
Lutheran Church
Health Ministry**

Orange, CA

**January 1st – April 4th
2010**

Join us on our
"TREK TO THE TOMB"

a **WALKING PROGRAM** designed to increase the physical, emotional and spiritual health of participants

An imaginary trip to Jerusalem is accomplished by individuals in the church and community who log their own walking (or jogging or treadmill) miles each week beginning January 1st, add them to the miles walked by other participants, and collectively try to accumulate enough miles to reach Jerusalem in time for the celebration of Easter.



According to www.geobyte.com, there are 7,587 miles between St. John's in Orange, CA and Jerusalem, Israel.... Won't you help us to walk these miles? We'll "map" our progress on St. John's website (www.stjohnsorange.org), track our personal health goals (reducing blood pressure, lowering cholesterol, better diabetes control, etc.) and celebrate our arrival at our Savior's empty tomb! For more information, call **714/288-4432**

WHY A WALKING PROGRAM?

Someone once said, "if a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world!" According to www.MayoClinic.com, walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's one of your body's most natural forms of exercise - safe, simple, doesn't require much practice, and the health benefits are many! - Walking can help you achieve a number of important benefits, such as

- Lowering your LDL ("bad cholesterol")
- Raising your HDL ("good cholesterol")
- Lowering your blood pressure
- Reducing the risk of type 2 diabetes
- Decreasing your risk of heart attack
- Lowering your risk of stroke
- Reducing your risk of breast cancer
- Lowering stress levels
- Preventing or reversing depression
- Managing your weight
- Improving your mood
- Maintain overall strength and fitness
- Fellowship with walking partners
- Time for prayer and meditation



PREPARATION PREVENTS INJURIES...

Taking time to prepare yourself helps to prevent injuries, such as blisters on your feet or muscle cramps.

- **Wear the right shoes and clothing:** select properly fitting shoes and loose-fitting clothing (in layers, if you need to adjust to changing temperatures); wear bright colors or reflective tape after dark so that motorists can see you
- **Warm up!** - spend a few minutes walking slowly to warm up your muscles; increase your pace until you feel warm
- **Stretch!** - after your warm-up, stretching exercises help to prevent "pulled" muscles or cramping
- **Cool down** after each walking session: to reduce stress on your heart and muscles, end each walking session by walking slowly for a few minutes, then repeat your stretches

GETTING STARTED...

- Start slowly: always check with your health care professional if you've been told to limit your activities because of a medical condition; if you've been inactive or tire easily, walk only as far or as fast as you find comfortable, gradually working your way up to 30 min./day