



Preparation Tips for Walkers

Dressing for Walking

WARM WEATHER	COLD WEATHER	WET WEATHER
Loose-fitting cotton fabric Light ventilated hat for sun Garment protection	Wool hat and gloves Several layers of light clothing (Can be removed a layer at a time)	Keep walking! Breathable waterproof Do not use umbrella -Interferes with arm movement

Shoe Selection

Comfort & Safety

Select a shoe with the following features: <ul style="list-style-type: none"> ➤ Thick, firm, flexible sole ➤ Lacing and breathable upper material ➤ Firm heel counter with good arch support ➤ Large toe box with padding on the top 	<ul style="list-style-type: none"> ➤ Check with your doctor before participating ➤ Walk with a friend for pleasure
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Walking Technique

<ul style="list-style-type: none"> ➤ Stay upright with shoulders relaxed ➤ Let arms swing naturally at sides ➤ Use smooth motion, rolling from heel to toe 	With fingers on wrist, check pulse for 10 seconds only. The heart rate will slow after 10 seconds. Walk briskly enough to achieve your target heart rate. After you reach your target heart rate, check pulse periodically to ensure you maintain your target heart rate for the entire route.
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HERE'S A HELPFUL CHART TO FIND YOUR CORRECT TARGET HEART RATE.

AGE	BEATS PER MIN.	BEATS/ 10 SEC. =	BEATS/MINUTE
20	140 TO 170	18	108
25	137 TO 166	19	114
30	133 TO 162	20	120
35	130 TO 157	21	126
40	126 TO 153	22	132
45	123 TO 149	23	138
50	119 TO 145	24	144
55	116 TO 140	25	150
60	112 TO 136	26	156
65	109 TO 132	27	163

Target Heart Rate ~ Ranges By Age

