# TIPS TO BOOST YOUR WALKING ROUTINE

#### Add Intervals

- Interval training involves short bursts of
- intense activity with active recovery. Warm-Up, Walk at Moderate Pace (2 min). Walk Faster (1 min), Set Landmark Goals, Repeat.

#### Engage Your Upper Body

- Swing your arms properly.
  Consider Nordic Walking Poles for upper-body strength and flexibility.



#### **Utilize Varied Terrain**

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

#### **Incorporate Resistance**

- · Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.





#### **Extend Your Walk**

- Choose specific destinations or vary your route.
- Walk with friends, family, or
- coworkers for motivation.
- Gradually increase your walking distance each day.



Learn More

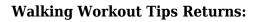


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**Frances Putnam Pogle** 



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