

# find your fit

## **INCREASE INTENSITY, INCREASE BENEFITS**

If you're looking to get additional benefits from the amount of time you have to walk each day, the best thing to do is turn up the intensity.

### **LEISURE WALKING**

Explore your community, province and natural environment. Hike a marked trail and bring the whole family. Take a walk around a community park you've never explored. Vacation days are great times to schedule a longer walking adventure.

### **SPEED WALKING**

This technique is just as it sounds. Increase your walking speed to a comfortable pace without losing your walking form. While speed walking, you should breathe normally and pump your arms for an added aerobic workout. Be sure you're ready for this level of intensity and start with short bursts at first.

### **CLIMB WALKING**

The most intense form of walking is going uphill or climbing stairs. Start climb walking by gradually increasing your intensity to become comfortable with the new level of activity. It is a good idea to perform additional stretches before you start climb walking as it puts extra strain on the stomach, buttocks, lower back and leg muscles. It is a great workout!

### **WATER WALKING**

The resistance provided by walking in a pool greatly increases the difficulty level. Water walking is an intense workout with less strain on your joints. It is also great workout idea for a hot day.

