It’s cheap. It’s easy. It’s handy. The hardest part is getting started.

- Before starting a walking program, check with your doctor if you have a chronic medical condition. Exercise walking can help control disease progression and relieve symptoms in people with cardiovascular disease and diabetes and many people with arthritis will experience symptom relief from a walking routine.

- Invest in good shoes. Pay attention to the fit and quality—they should fit without any pinching or pressure. Wear the type of socks you plan to use when you go shoe shopping as it may affect the size of your shoe if you wear a thicker sock. Shoes should have a good arch support and a slightly elevated (but low) heel with stiff material to support your heel, which will prevent wobbling.

- Always warm up before starting your walk. Start slowly then increase your pace.

- Pay attention to your heart rate and breathing. Walk at a pace that challenges you and elevates your heart rate, but do not overdo it. You should be able to talk and carry on a conversation while walking.

- Use good walking posture. Swing your arms, keep your head up, back straight and abdomen flat. Point your toes straight ahead. Take long strides, but again, don’t overdo it—don’t strain yourself.

- In summer, drink plenty of water, use sunscreen and consider wearing a hat with a brim.

- Track your steps with a pedometer, smart phone or fitbit type apparatus. Helps to motivate!

"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.” Barack Obama

In this case...that means ANY path!
**How does walking compare to running?**

Walking can provide the same benefits as a running program. General health benefits are acquired from any walking. For cardio benefits the key is walking fast enough to get your heart rate up. Walkers may miss fewer days due to injury than runners while achieving similar improvements in aerobic conditioning.

**Should I use hand or ankle weights while walking?**

No! The risk far out weigh the benefits. Hand weights can be a great part of your fitness routine, but use them separate from your walk. Carrying weights will not provide the resistance needed to tone your muscles; but can increase your blood pressure, place strain on ligaments and tendons and may contribute to joint problems. You will actually be able to walk faster without carrying the weights, therefore getting a better workout.

**What should I look for in a walking shoe?**

In general a good shoe for walking has a low heel, flexible sole, and is lightweight and breathable. The most important thing is finding a shoe that has the right fit for your foot.

**How often should I replace my walking shoes?**

Walking shoes should be replaced every 300 to 500 miles (or every 3 to 6 months). Replace your shoes when you can tell the difference between your old pair and a new pair. Do not go by their appearance. The inner support can be very worn while they still look OK on the outside. It is a good idea to rotate two pair of shoes if you walk daily, therefore they can bounce back between walks. Saving your walking shoes for walks (not everyday casual wear) will make them last longer.

**How can I prevent shin pain?**

Aching shins is very common for new walkers. It can also be a problem when increasing speed or distance.

To avoid aching shins -

Increase speed and distance gradually
Wear good, flexible, walking shoes with a low heel
Perform ankle circles and toe points before and after your walks
Stretch your calves and shins well after you walk

If you have shin pain now you may need to rest your shins by decreasing your mileage (and / or speed) for a few days. If it is very painful use the RICE method... rest, ice, compression, elevation.

**Why do my legs itch when I walk?**

There are several possible causes of itchy legs while walking. This seems to be a common complaint in new walkers and it has been suggested that the itching may be due to poor circulation. If this is the case the itching normally subsides as your body gets more activity.

Of course the most common cause of itchy legs is dry skin. In the winter dry skin can really be a problem. You may itch when you're not exercising, but sweating intensifies the problem. Simply apply a moisturizer to your legs before exercising. Use products that are free of perfumes and dyes.

Some soaps, detergents, fabrics, etc. can cause a slight allergic reaction. Once again you may not really notice this until you are walking and sweating. If you are using a new product (bath soap, lotion, laundry detergent, etc.) that could be the culprit. Also be sure you are wearing breathable fabrics to reduce chances of a heat rash.

If the itching persists, you develop a rash, or have additional symptoms you should contact a physician as this may be a sign of exercise induced uticaria (hives) or other serious condition.  

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**How many steps in a mile?**

One mile is equal to 5280 feet. Most people say it takes about 2000 steps for every mile. Of course each person's stride is different. An average stride is usually somewhere between 2 and 3 feet in length. So on average it takes between 1760 and 2640 steps to complete one mile.

To measure your stride mark a distance of 50 feet. Now walk this distance and count your steps. Divide 50 by the number of steps and that is your stride length. Now, divide 5280 by your stride length to find your "average steps per mile".

**What is considered a good fitness walking pace?**

An average fitness walking pace is approximately a 15 minute mile. But, a good pace will vary depending on your fitness level, experience, walking technique, walking goals, and terrain. For general fitness walking you should walk at a pace that increases your heart rate and you can maintain for 30 to 60 minutes. Use the talk test... if you can't speak without gasping for air you are walking too fast. If you are walking slow enough that you can carry a tune you are probably walking too slow.

**How many calories do I need to burn to lose one pound?**

One pound of body fat is equal to 3500 calories.

A healthy rate of weight loss is approximately one to two pounds per week. If you are losing faster than that you may be losing bone and muscle mass in addition to fat. In order to average one pound per week it would be necessary to burn an additional 500 calories per day. (7 days a week X 500 calories per day = 3500 calories.)

If you do not have the time or energy to burn the additional 500 calories a day you can use a combination of calorie reduction and exercise. Such as burning 300 calories a day through exercise and reducing calorie intake by 200 calories.

It is commonly suggested that most people not decrease their calorie intake to less than 1200 calories a day. If exercising you may need a higher minimum.

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### Spaghetti Squash Hash Brown — Ummmmmm...Yummmmmm

#### Ingredients
- 2 cups cooked & shredded spaghetti squash (about 1/2 small cooked squash)
- 1 tablespoon oil
- Salt, to taste (optional)

#### Directions
Heat the oil in a large non stick skillet over medium heat.

Press the water out of the squash with paper towels.

Form little patties (2 tablespoons or so) by pressing the squash firmly between your palms.

Place the patties gently on the warmed skillet and let cook for 5-7 minutes per side. Only flip these once if possible to get the nice browned effect.

Transfer to paper towels to drain, then serve warm. Sprinkle with some salt if desired.

#### Nutrition Information

<table>
<thead>
<tr>
<th>Serves: 2</th>
<th>Serving Size: 1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Per serving:</strong> Calories: 104; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 4g; Cholesterol: 0mg; Sodium: 105mg; Carbohydrate: 10g; Dietary Fiber: 2g; Sugar: 4g; Protein: 1g</td>
<td></td>
</tr>
<tr>
<td><strong>Nutrition Bonus:</strong> Potassium: 181mg; Iron: 3%; Vitamin A: 3%; Vitamin C: 9%; Calcium: 3%</td>
<td></td>
</tr>
</tbody>
</table>

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Solve the rebus
One try per person.
Send your answer to cbsummers@utica.edu no later than 9am on July 6th.
Good luck!

Do You Understand Insurance Lingo?

**Deductible**—the amount of expenses that must be paid out of pocket before an insurer will pay any expenses.

**Copay**—is a fixed payment for a covered service, paid when an individual receives service.

**Coinsurance**—a percentage that the insurer pays after the insurance policy’s deductible is exceeded, up to the policy’s out-of-pocket maximum.

**Out-of-pocket maximum**—the amount you pay before your health expenses are covered in full.

Upcoming: Sunday, August 14th 10-2 pm

Join UC Health & Wellness for a family day at Black River Outdoor Education—Potato Hill Farm Campus, Boonville

No cost—we need at least 10 people to keep our reservation

Click for more information

Questions: contact Caren at cbsummers@utica.edu