

after your walk (at least 12 ounces of water for a 20 minute walk)

- Stand tall – shoulders back, head and neck aligned with your spine, and abs pulled in
- Think “heel to toe” – step forward landing squarely on your heel, roll forward onto the ball of your foot, raise your heel and push off with your big toe
- Bend elbows at a right angle, and swing your arms from the shoulder, keeping elbows close to your sides
- Avoid clenching your hands or over-swinging your arms
- Stretch after your walk. It will help improve flexibility and help you feel great!

### Motivate Yourself

- Use a pedometer and this wallet card to track your progress
- Plan a healthy reward for yourself when you reach a certain goal

## YOU CAN IMPROVE YOUR HEART AND HEAD HEALTH

For more information visit the Heart Disease and Stroke Prevention Program website:  
[www.idahoheartandstroke.org](http://www.idahoheartandstroke.org)



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

## WALK FOR HEART AND HEAD HEALTH

*Walking is one of the easiest and least expensive ways to be physically active*



## EXPERTS RECOMMEND

At least 2.5 hours of moderate-intensity physical activity per week. Thirty minutes at a time is preferred, but if you cannot do that, try walking for 10 minutes 3 times per day and gradually working up to 30 minutes.

### Walking Safety

- Choose a safe place and walk with a friend
- Wear reflective gear
- Walk facing traffic to keep aware of drivers and potential dangers
- Be alert and aware of your surroundings

### What to Remember

- Wear shoes with proper arch support, a firm heel and thick flexible soles
- Drink water before, during, and

