

## Exercise for Beginners: Walking for Exercise

It's important to develop the habit of exercising first. Walking is an easy exercise to begin with, but it requires a certain amount of time and energy for it to be effective. Here are the top five tips to keep in mind as you plan your workouts.

### Walk for at Least 30 Minutes



If you're just getting started, remember, it's more important to build the habit of exercising. Even just five minutes of walking every day is better than one three-hour walk. However, if you want lose weight through walking, you're going to have to walk at least 30 minutes per session, or a total of 2 ½ hours per week.



### Maintain a Brisk Pace

You should still be able to speak in full sentences, but if you can sing, you're walking too slow! Don't be afraid to sweat during a walk. A brisk pace burns more calories - just be sure not to reduce the total amount of time you spend walking when you increase your pace.



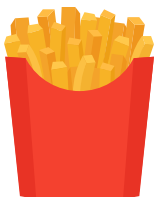
### Track Your Steps

Pedometers can be purchased for as little as \$10, and there are many free tracking apps for your smartphone as well. It's important to keep track of how much you're exercising so that you don't over-estimate how much you're really doing.



### Vary Your Route

It's easy to get bored seeing the same sights over and over again. If you can, choose alternate routes. Work in things like inclines to keep your workout engaging and challenging. If you find your mind wandering during your workout, it's a sign that it's time for a change.



### Don't Over-Reward Yourself

Even at a brisk pace, most people won't burn more than about 150 calories in a 30-minute walk. A small order of French Fries is 220 calories – and will undo all that work you just did! Choose low or no-calorie rewards like sparkling water, a piece of citrus fruit, or a favorite TV show.