Helpful Walking Tips

• Walking shoes will protect your feet while you walk. Choose your footwear wisely to prevent injury. Shop for shoes later in the day when your feet are slightly swollen and look for shoes made from leather or a breathable man-made material.

• Wear comfortable and breathable clothing when you walk. Remember, when you walk your body will begin to warm up. Dressing in layers will allow you to stay comfortable by removing and adding clothing as needed.

• The human body is almost 50 percent water. When you exercise, your body sweats and water is lost. Be sure to have access to plenty of water to stay hydrated while you exercise.

• Make walking more enjoyable by finding a walking buddy or bringing your favorite music with you as you walk. The more you enjoy exercise, the more you will want to do it.
Your local shopping mall can be a safe, comfortable and easily accessible place to walk. Use HAP’s Mall Walking Guide to help you get the most out of your walk at the mall. Most shopping malls are open early for walkers.

The hours listed in this guide reflect only walking hours, not shopping hours. Many malls have walking clubs or organized walks. To find out more about these activities, contact your local shopping mall or visit their website.

### How Much Should You Walk?

Experts recommend that adults between the ages of 18 and 64 get at least 150 minutes of aerobic activity, like walking, each week. That’s a little over 20 minutes per day. You do not need a 20 minute block of time to walk; you can break it down into five or ten minute walks throughout your day.