

## Get started!

You don't have to join a gym or train for a marathon to get fit. Just take up walking! It's one of the best exercises because people tend to stick with it compared to other physical activities. Power walking burns kilojoules more effectively than regular walking, and creates variety by mixing up the intensity and duration of your workout (also called interval training). These bursts of speed boost the amount of kilojoules burned and, if you maintain a faster walking pace overall, you'll burn even more kilojoules.

To lose body fat, build up to doing 60 minutes of moderate-intensity walking – adding a couple of brisk intervals – on most days of the week. Moderate-intensity means walking at a pace where there is a slight, but noticeable increase in your breathing and heart rate. Speed intervals should see you huffing and puffing.

Walking briskly helps reduce body fat, and helps build and preserve muscle. It's also been proven to help prevent heart disease, stroke and high blood pressure, and promote mental wellbeing. So what are you waiting for? Whack on those walking shoes and go that extra mile!

KATHLEEN ALLEAUME, Exercise Physiologist



### WALKING-INTENSITY GUIDE

#### EASY PACE

A gentle stroll where you can walk and talk easily (approximately 5km per hour).

#### MODERATE PACE

You're slightly out of breath and can talk but not sing (approximately 6km per hour).

#### BRISK PACE

You're breaking a sweat and unable to hold a conversation (approximately 7km per hour)

### FUN FITNESS CHALLENGE!

How far can you walk or run in 10 minutes? Write it down and see if you can beat this four weeks from now.

 Australian Healthy Food Guide

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#### MONDAY

25 MINUTES OF BRISK WALKING

**PLUS** Five mins of easy walking to warm up/cool down

#### TUESDAY

45 MINUTES OF MODERATE-INTENSITY WALKING

**PLUS** 10 minutes of full-body stretching

#### WEDNESDAY

15 MINUTES OF INTERVAL TRAINING

Two-minute brisk walk, followed by a one-minute moderate walk. Repeat five times.

**PLUS** Five mins of easy walking to warm up/cool down

#### THURSDAY

25 MINUTES OF BRISK WALKING

**PLUS** Five mins of easy walking to warm up/cool down

#### FRIDAY

45 MINUTES OF MODERATE-INTENSITY WALKING

**PLUS** 10 minutes of full-body stretching

#### SATURDAY

15 MINUTES OF INTERVAL TRAINING

Two-minute brisk walk, followed by a one-minute moderate walk. Repeat five times.

**PLUS** Five mins of easy walking to warm up/cool down

#### SUNDAY

60 MINUTES OF MODERATE-INTENSITY WALKING

**PLUS** 10 minutes of full-body stretching