

Learning On The Move Handout

How to Walk....

- Stand tall and upright rather than leaning forward. Keep your buttocks tucked in so that you slightly flatten the arch in your back. Lengthen your body, with your head held high and your chin up. Aim your gaze about 20 feet in front of you instead of down towards your feet.
- Relax your shoulders by rolling them forward, up, back, then letting them drop down, gently pinching your shoulder blades together.
- Bend your elbows slightly as your arms fall to your sides, allowing them to swing freely. Your arms will fall into rhythm with the opposite arm and leg forward together.
- Take short strides as you walk, striking the heel first, and then pushing off with your toes. Use your buttock muscles to propel you forward with each step.



Interval Training Program:

- Begin with 2-3 minutes of warm-up, doing your chosen movement at a comfortable pace.
- Then begin to go faster and harder for 20-30 seconds. If you're just starting out, simply pick up the pace a bit. As you progress, you can gradually push yourself harder until you reach a pace that makes holding a conversation difficult.
- Slow down to a recovery pace, similar to a warm-up pace. Give yourself 1-2 minutes of recovery.
- Repeat with another 20-30 second burst of activity, followed by 1-2 minutes of recovery.
- Do this for 3-4 cycles at first, gradually working up to 6-8 burst/recovery cycles.



Progressive Strength Training Tips:

- Start slowly, with a low amount of resistance and increase the resistance gradually.
- Include all major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.
- Make sure you warm up at least 10 minutes before exercise and cool down for at least 10 minutes after exercise.
- Some soreness in the muscle belly can be expected but stop the exercise if you feel pain in your joints.
- Maintain a good upright posture during all exercises.
- Don't hold your breath while exercising. Make sure you breathe on the exertion part of the exercise.
- Don't grip your weights tightly.
- All movements should be done in a slow to moderate and deliberate manner.

Source: *Staying Sharp*: Henry Emmons, MD and David Alter, PhD