



UNIVERSITY of MARYLAND
EASTERN SHORE

Department of Physical Therapy

Walking for Exercise:

A Physical Therapist's Perspective*

Walking for exercise is a great low-impact activity for developing and maintaining cardiovascular fitness. You can walk anywhere, any time, and, unlike some fitness regimens, your only expense is comfortable clothing and a good pair of shoes.

Once you start your walking program, you will be taking your first steps toward increasing your fitness level. Walking is associated with a reduced risk of heart attack, and regular exercise decreases your risk of developing diabetes. Other benefits of walking include: increased energy, improved cardiovascular fitness, increased strength, stress reduction, and weight control.

BEFORE YOU START

Ask yourself:

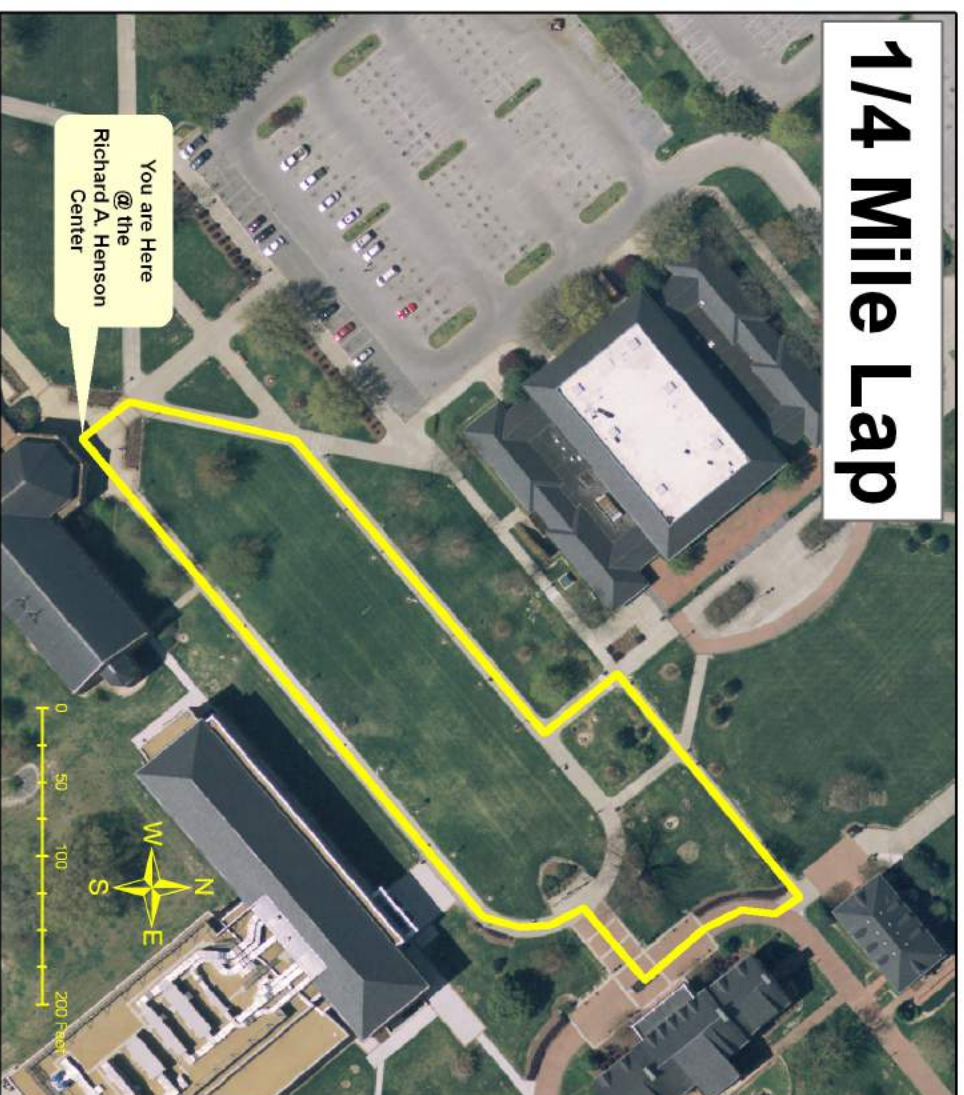
1. What is my regular/routine walking ability?
2. What path will work with my current fitness level?

Also consider:

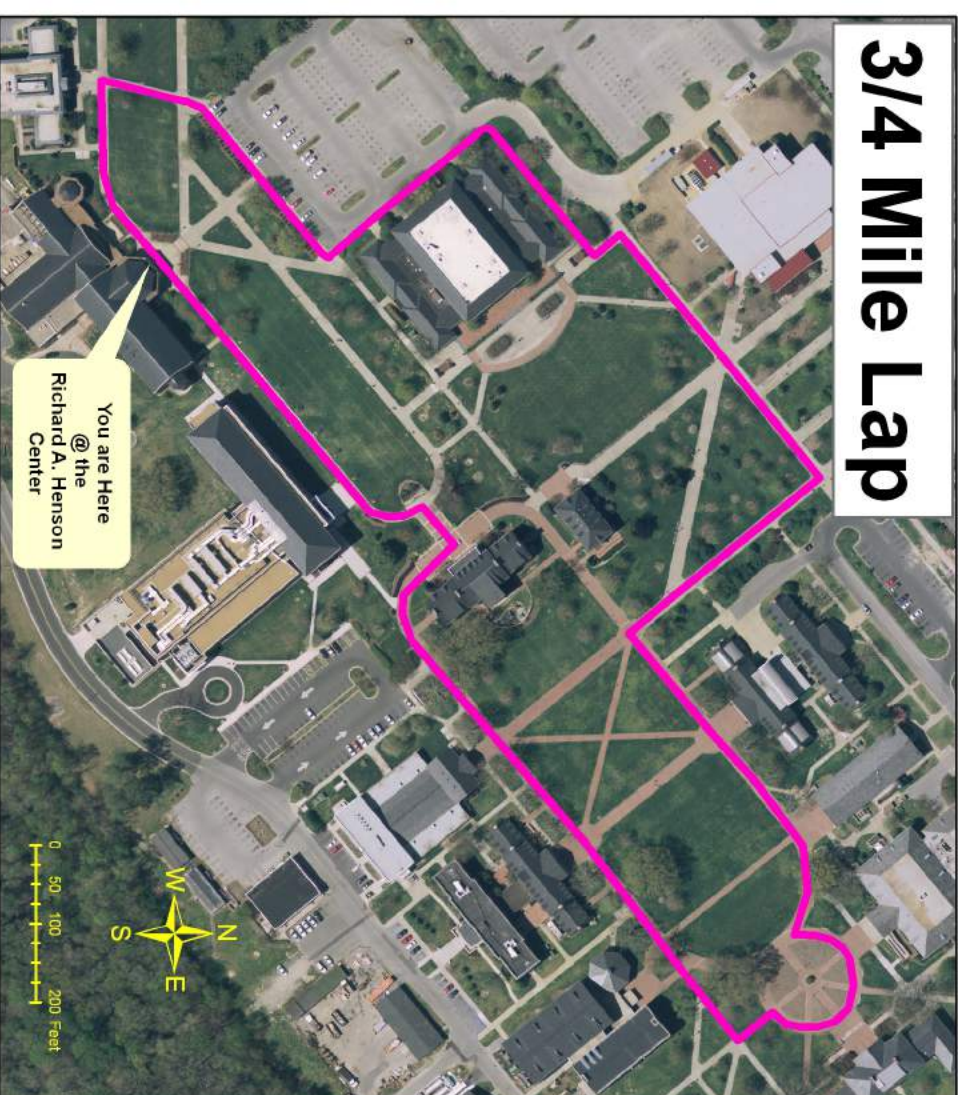
- > The roundtrip distance
- > Outside temperature and weather conditions
- > Footwear

Created in Conjunction
with the
UMES Geospatial Information
Technologies Laboratory

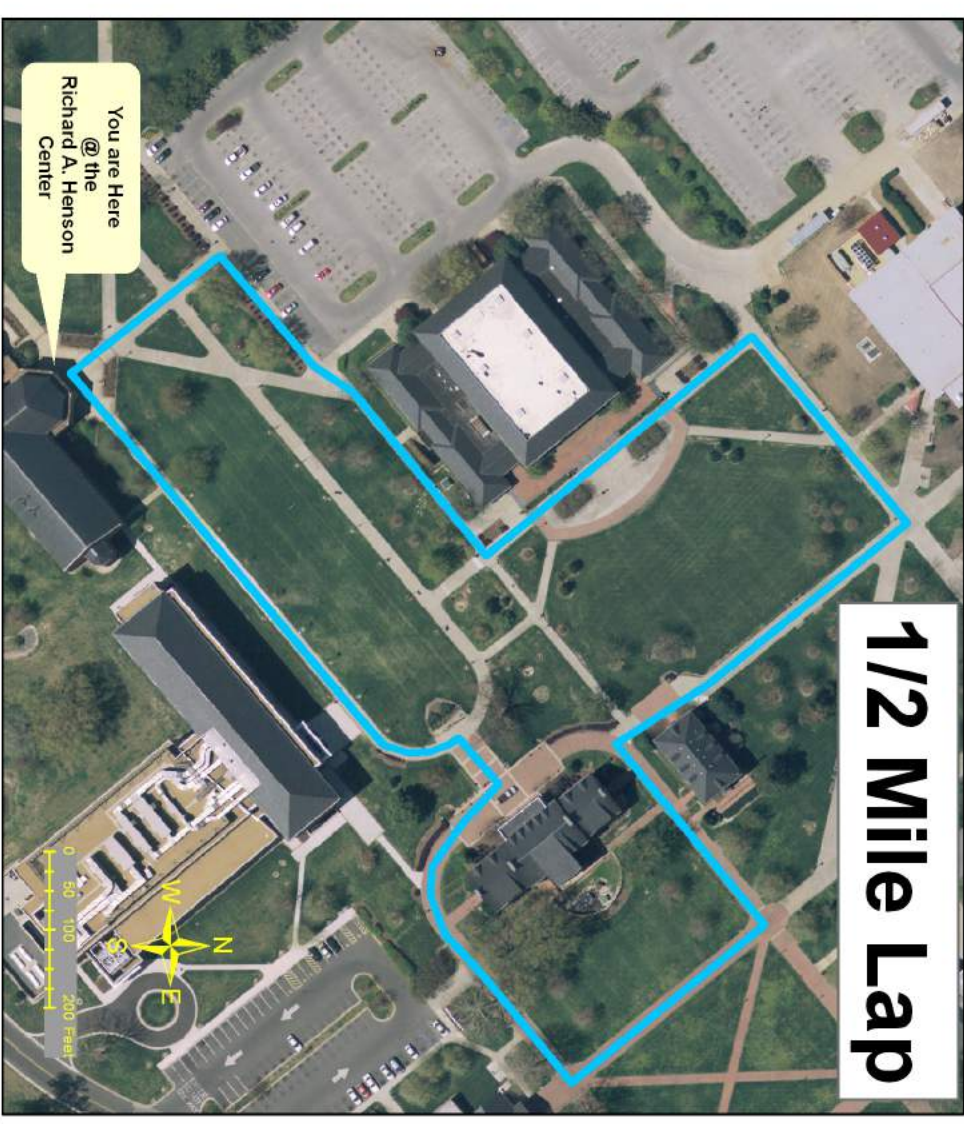
1/4 Mile Lap



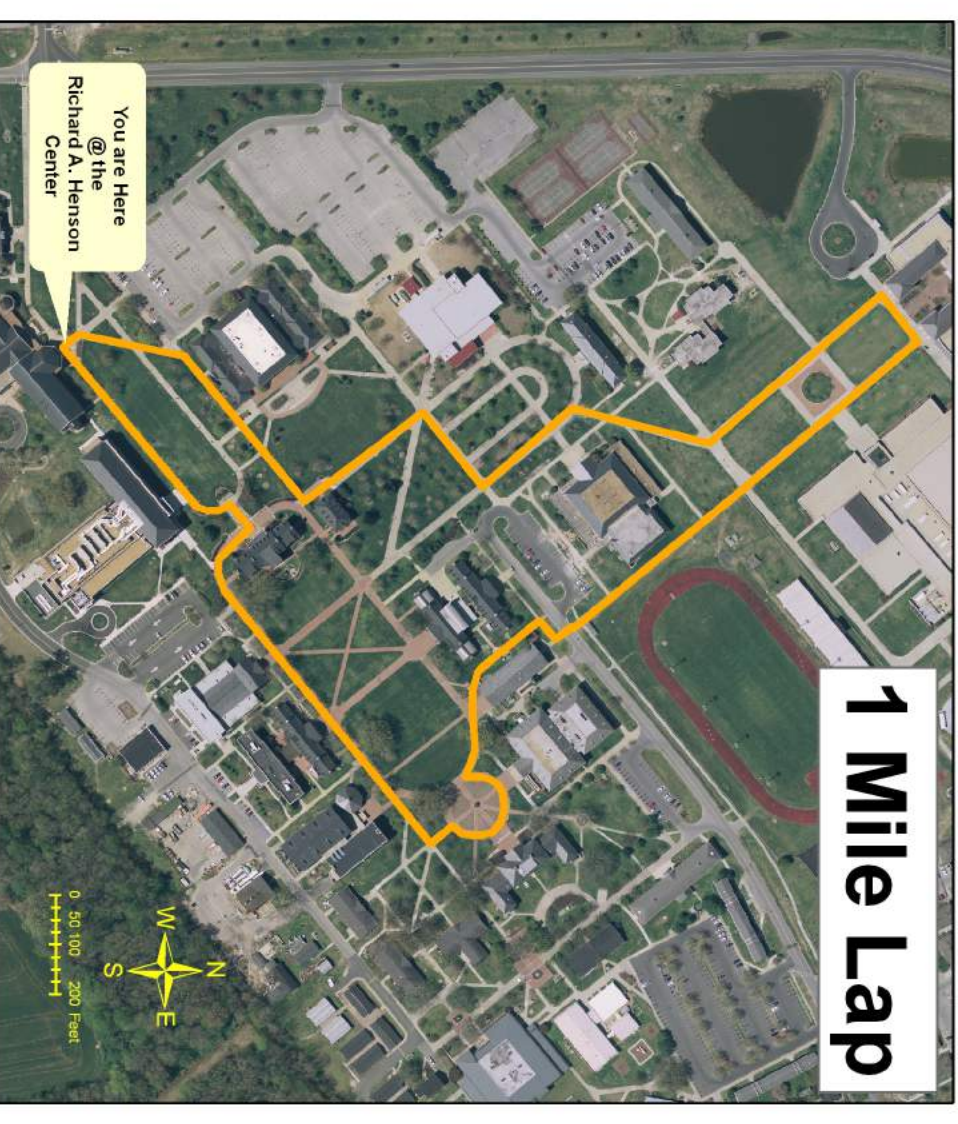
3/4 Mile Lap



1/2 Mile Lap



1 Mile Lap



*The American Physical Therapy Association. Walking for Exercise: A Physical Therapist's Perspective. 2005