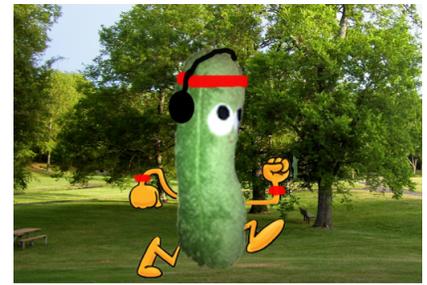


WALK BETTER



Walk Sideways. Walking sideways burns 78% more calories than walking forward. Lateral motion takes extra effort by putting your body to work in unfamiliar ways.

Walk away from trouble. Studies have found that postmenopausal women who had walked regularly for more than a decade, avoided heart disease, falls, hospitalization and surgeries far more successfully than their inactive peers.

Always be prepared. Keep a pair of your old walking shoes in your car. You never know when you'll have the opportunity to squeeze in a 10-minute walk.

Don't weight: A weight gain of 11 - 18 pounds increases your risk of heart disease by 25%. More than 25 pounds and your risk goes up 200% - 300%.

Walk around the world. The average person takes 9,000 steps each day. In a lifetime that is 3.5 trips around the Earth.

New soles! Your walking shoes should be replaced about every 500 miles.

Head for the hills! To increase body toning, cardiovascular fitness and calorie burn, walk uphill.

Keep on walkin'. About 80% of hospital admissions are the result of bad health habits such as leading a sedentary lifestyle. Get up, out and walking!

Freeze! Freeze water in your water bottle. It will melt slowly while you walk so you'll have a constant supply of cold, refreshing water.

Roughing it! Walking on a rough but level track requires 50% more energy than walking on a paved road.

In the fast lane! Do you know how fast you are walking? To get a close estimate, count the number of steps you take in a minute and divide by 30. For an example, if you take 120 steps you would be walking about 4 mph.

and Phit's favorite.....

Get Groovin'. Researchers found that music with "high-groove" qualities excites the brain and induces movement in the listener. Basically, your playlist has the ability to make you move -- no matter how much you're dreading that walk. "Shake it off, uh uh, Shake it off"

*Adapted from
JoAnn Taylor.



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