

Helpful tips

- make walking part of your daily routine
- make it social - walk with friends, neighbours, or family
- walk at your own pace and take your time
- check the weather and dress appropriately
- try to walk early morning or evenings for best air quality
- if using a walking aid, ensure that it is fitted for your height
- wear supportive, low-heeled footwear with non-skid soles
- drink plenty of water and take breaks



winter walking

- burns more calories
- exposes you to Vitamin D
- cold air clears your mind & reduces stress
- produces endorphins

tip: add an upper body workout by introducing walking poles (helpful in snow/icy conditions)



Stretch before & after

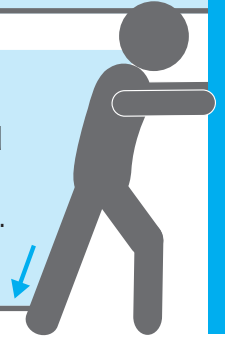


Hamstring and ankle

Extend your left leg, left heel on floor. Flex the left foot and keep toes pointed up. Lean forward gently from your hips to feel a stretch in the back of your thigh. Repeat with right leg.

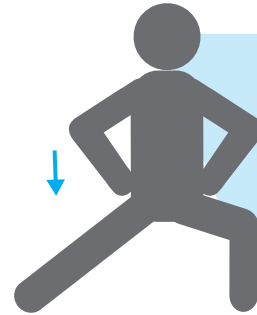
Calf stretch

Stand up straight, lean against something. Put left leg behind you, keeping left heel on the floor. Bend right knee and lean forwards. You should feel the stretch in the calf of the left leg. Repeat with right leg.



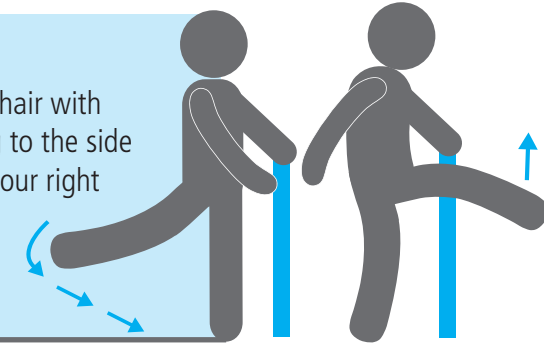
Groin stretch

Stand with legs slightly wider than shoulder width apart. With right foot facing forward, point left foot to left 45 degrees then lunge in that direction without letting knee go past toes. Repeat move on right side.



Leg swings

Stand up straight, holding on to a chair with your left hand for support. Standing to the side of the chair on your left leg, move your right leg to the front, side and back, tapping your toe at each point. Repeat with left leg.



Experiencing pain when walking?

If experiencing discomfort, pain or swelling in your feet and legs, please seek medical advice from your family doctor or physiotherapist.