

Week 9 - Boost Your Workout

To benefit your health, boost the intensity of your walking workout as you progress.

According to the experts, there are four main ways to do that.

- 1) **Pick Up the Speed:** a quicker pace will turn a stroll into cardiovascular exercise. The key is finding the right intensity for your fitness level. Go too fast and you'll run out of steam in two minutes. Walk too slowly and you won't get your heart rate up. When you can easily talk to a walking buddy or sing along with your iPod, you're going too slow. Once you can comfortably walk for an hour, you can begin to increase your speed.
- 2) **Cover More Ground:** Instead of focusing on speed, distance workouts are all about endurance. If walking at a too-fast-to-talk speed for 30 minutes is too daunting, try walking briskly for an hour. Gradually increase the distance you walk.
- 3) **Challenge Yourself:** If you have added faster and farther to your workout, increase the difficulty. Climb a hill or put your treadmill on a higher incline. Do be cautious if you have arthritis or joint pain.
- 4) **Spice Things Up:** constantly changing your workout is doubly beneficial. For starters, it keeps away boredom, which can land you right back on the couch. It will make sure you work your body in more than one way. A week of walking should ideally feature a day doing a faster, cardiovascular-type workout, a day working on muscle endurance through distance, and a strength-training day with hills that work the legs and help add lean muscle. Add variety within workouts by walking fast for a few minutes and then slow for the next few, alternating until you've hit 30 minutes.

From American Diabetes Association

