

Walkin' Strong – A full body workout while you walk

Equipment:

- Your natural environment (i.e., curbs, benches, trees, posts, playground equipment, etc.)
- Variations with exercise bands

Walking

walking tall & contract abdominal muscles tight
pumping bent arms
swinging straight arms
bent high knees
straight legs (little kicks)

Bench Squats

Bench Dips

Bench Knee Extensions

Bench Shoulder Raises (front & lateral)

Bench Bicep Curls

Pole/Bench Push-ups

Pole/Bench Double-Arm Rows

Pole/Bench Chest Press

Curb Side Calf Raises

Curb Side Step ups (regular or 'V')

Sidewalk Wide Side Steps

Sidewalk Jumps

Sidewalk Hopscotch

Sidewalk Lunges (stationary & walking)

Sidewalk Touchdowns

Grass Crab walk

Grass Bridges

Grass Stretching

Grass Jumping Jacks

Bench/Grass Abdominal Crunches

How Much? How Many? How Often?

Canada's Physical Activity Guide to Healthy Active Living recommends:

Endurance Activities

- 4-7 days per week
- 30-60 minutes based on intensity

Flexibility 4-7 days per week

- Hold each stretch 10-30 seconds
- Repeat two times

Strength 2-4 days per week

- 8-15 repetitions
- 6-10 exercises

Turn your walking into a Circuit Training-Boot Camp by alternating walking and a strength activity.

- Ex. - Begin with two minutes of walking followed by 1 minute of activity, then back to two minutes of walking.