

WALKING GUIDELINES

TOM BYRD P.T.

1. WALKING OR RUNNING SHOES ARE PREFERABLE
2. AVOID “TENNIS” SHOES OR OTHER TYPES OF COURT SHOES
3. SHOPPING OR WALKING A DOG SHOULD NOT COUNT AS WALKING EXERCISE, ONLY NON-STOP, STEADY WALKING SHOULD COUNT
4. WALK AT A COMFORTABLE PACE
5. MEASURE ENDURANCE BY DISTANCE OR TIME
6. NEVER WALK TO THE POINT OF PAIN
7. STOP WALKING WHEN YOU START TO FEEL FATIGUED
8. STOP WALKING IF GAIT QUALITY AND SAFETY BEGIN TO SUFFER
9. WALK ON A FLAT, EVEN SURFACE
10. DO NOT USE HAND WEIGHTS OR ANKLE WEIGHTS
11. IF WEATHER PREVENTS WALKING OUTDOORS, WALK IN YOUR HOUSE, IT JUST REQUIRES MORE LAPS
14. IF YOU’RE WALKING WITH SOMEONE, MAKE SURE THEY KNOW WHAT YOUR LIMITATIONS ARE, WALK AT YOUR OWN PACE, NOT SOMEONE ELSE’S