

the spinal column

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WALKING FOR FITNESS

A vigorous walking program delivers many of the same benefits as jogging —with far less chance of injury to joints, bones or tendons. It also improves heart/lung fitness. Regular distance walking may also improve your blood-fat profile, reduce cholesterol and triglyceride levels, reduce blood pressure and reduce body weight and fat, in which it lowers your risk of heart disease.

Regular walking ranks right up there with other aerobic sports. For most adults, fast walking may indeed offer an adequate aerobic training stimulus. And, in fact, devotees of the boardwalk stroll will be happy to know that even walking at slow speed increases your metabolism and you burn about the same number of calories per kilometer as if you walk at a faster speed. Walking 7.5 kilometers an hour (close to top walking speed) produces about the same energy expenditure as slow jogging.

There's something else to be said for walkers who don't want to get anywhere fast. A program of regular physical activity is more beneficial than a vigorous training pro-

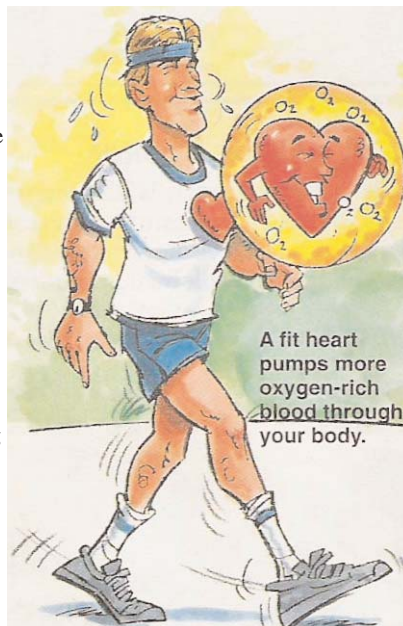
gram to improve short-term conditioning. In other words, whatever exercise you pick, do it regularly.

The Walking Prescription

How much would a healthy middle-aged man / woman have to walk in order to stay in good condition? As a general rule, a 30 minute brisk walk, three times a week, would be a minimum walking program for adults. An optimal program would be to walk 45 to 60 minutes, four days a week, at a pace of about 5 to 7 kilometers an hour.)

To keep the total "energy cost" of your walks sufficiently high, you can adjust any one of the three

most important variables of exercise to suit yourself: intensity, duration or frequency. "If you don't want to increase your pace, for instance, all you have to do is walk a little further or walk a little more often,



TARGET HEART RATE (THR)

To walk at the right pace, you need to know your THR. It is the most effective training pulse for maximum cardiovascular and fat burning benefits, given your age and current level of fitness. Using

your THR ensures that you get the most out of walking, that you are not over or under exerting yourself. While walking you monitor your THR. Before and after.

Find Your Target Heart Rate

Before finding your THR, learn to take your pulse. Lightly press the thumb side of your wrist with your first two fingers, counting the beats per 10 seconds and multiplying it by 6.

Now to find your THR.

Everyone starts with 220 minus your age equals your maximum heart rate (The fastest your heart should beat at your age) minus your resting heart rate (your 60second pulse taken when you first wake up) equals a number that you multiply by 50 - 60 % (beginners) or 75% (intermediate) or 85 % (competitive athletes). The new number here is added to your resting heart rate and the result will be your TARGET HEART RATE.

Check your THR as you walk. If you are below the THR, walk faster, above THR, walk slower.

For assistance please feel free to call.

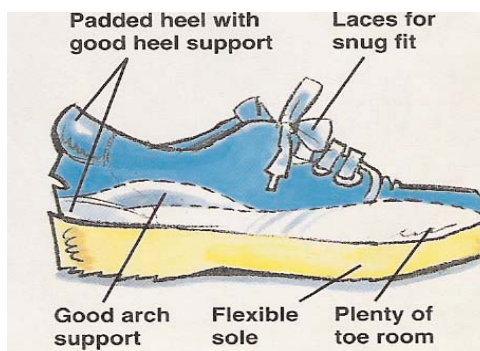
Before you start walking, check with your healthcare provider if you are new to exercise, over 40, overweight, or a smoker; or if you have heart disease, high blood pressure, diabetes, arthritis, asthma or any other medical condition that concerns you.

Stretch before you walk. Stretching prepares your muscles for exercise. Stretch each side 3 times slowly holding for 20-30 seconds each. Never bounce.

Stretch After You Walk. Stretching while your muscles are warm prevents stiffness and increases flexibility.

Walk Safely: To help you walk safely:

- * Walk facing the traffic. Walk on smooth surfaces, such as dirt paths or side walks.
- * At night walk with a friend and wear reflectors so drivers can see you.
- * If you are wearing headphones, keep the volume down to listen to traffic.
- * Carry an ID and a cell phone
- * Don't use hand or ankle weights. They can cause injuries



Anatomy of a Good Walking Shoe

Good walking shoes protect your legs and feet as you walk. Choose leather or nylon "uppers" to let your foot breathe, and look for padded soles and good arch support. Make sure there is one centimeter of space between the tips of your toes and the front of the shoe.

Personal Rewards.

- * Walking can help you relax and manage stress
- * Walking can help you sleep better and make you less likely to get depressed
- * Regular walking can help maintain your memory as you get older.
- * Walking strengthens the heart, lungs, and tones your muscles.
- * Walking improves your cholesterol levels and lowers your risk of heart disease. And it helps you control your blood sugar if you have diabetes.
- * Walking is a weight bearing activity, which helps maintain bone density, and this can help prevent osteoporosis.

Just Do It

And Enjoy It.