Physical Activity - Walking

Move at a steady pace, breathing deeply, with the head erect, back straight, and abdomen flat. Swing your arms freely at your sides. In the beginning, confine your walks to level stretches of road or sidewalks, avoiding steep hills. If you are walking in the early morning or the evening, be sure to wear reflective clothing. If the sun is shining, be sure to wear sun screen, hat and protective clothing.

Pace Yourself

Monitor your level of exertion. The simplest way is to listen to your body. Five to 10 minutes into your activity, your body should begin to feel warm. You may begin to perspire. Your breathing should increase. If your pace seems too easy, increase it slightly until you feel as if you are pushing yourself. If you feel it is too hard, ease up.

Another way to pace yourself is the “talk-sing test.”

- If you can't talk and exercise at the same time, you are working too hard.
- If you can talk while you exercise, you are doing fine.
- If you can sing while you exercise, it would be safe (and more beneficial) to exercise a little harder.

Check your Heart Rate

A more scientific way to monitor your pace is to check your HEART RATE. You will need to find your target heart rate. You can use the formula below to determine your target heart rate. You will need to know your resting heart rate (RHR). Resting heart rate is the number of beats your heart has in one minute during a time of rest (sit quietly for 10-15 minutes before taking your RHR.) Check heart during activity.

\[
220 - \text{(your age)} = \text{Maximal Heart Rate (MHR = beats per minute)}
\]

\[
\text{MHR} - \text{RHR} = \text{Working Heart Rate (WHR)}
\]

\[
(\text{WHR} \times 50\%) + \text{RHR} = \text{Threshold of Training Heart Rate}
\]

\[
(\text{WHR} \times 85\%) + \text{RHR} = \text{Upper Limit for Target Heart Rate}
\]

Examples

<table>
<thead>
<tr>
<th>A 20-year-old</th>
<th>A 50-year-old</th>
</tr>
</thead>
<tbody>
<tr>
<td>RHR = 70</td>
<td>RHR = 70</td>
</tr>
<tr>
<td>220 - 20 = 200 (MHR)</td>
<td>220 - 50 = 170 (MHR)</td>
</tr>
<tr>
<td>200 - 70 = 130 (WHR)</td>
<td>170 - 70 = 100 (WHR)</td>
</tr>
<tr>
<td>(130 x 50%) + 70 = 135</td>
<td>(100 x 50%) + 70 = 120</td>
</tr>
<tr>
<td>(130 x 85%) + 70 = 181</td>
<td>(100 x 85%) + 70 = 155</td>
</tr>
<tr>
<td>Target Heart Rate = 135 to 181</td>
<td>Target Heart Rate = 120 to 155</td>
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</tbody>
</table>

Walk Across Tennessee
September 2006