



The Sport of Walking

Several years ago, Luke's made a commitment to walkers. Luke's reached out and embraced those who had chosen this sport called "walking" and sought to understand and motivate them. Today, Luke's year round walking programs are well established and growing in popularity. The "My Beat" spring program designed solely for walkers and conducted under the Luke's "Beat Goes On" umbrella reaches approximately 200 walkers in our markets.

As we have evolved, Luke's knowledge of walkers and walking as a legitimate fitness activity and *sport* has grown. Along the way, we have discovered certain myths and relevant facts about walking as a fitness activity. Hopefully, by sharing some of this information, we will educate you about your sport and motivate you to walk ("train") regularly with a better understanding of what you are doing and why. Perhaps, you will even be motivated to join one of our programs.

- 1) If you walk fast enough (faster than 5 mph-12 minute/mile pace) you burn more calories than running at the same or slower speed.
- 2) Proper walking technique and consistent practice develop over-all body strength and flexibility.
- 3) The positive benefits of regular physical exercise can be achieved through walking equally as well as other activities or sports with less stress on skeletal structure, (for example, walkers generate about $\frac{1}{4}$ the impact on surface contact as runners).

- 4) Improved cardio endurance can be effectively achieved and dramatically increased with proper training.
- 5) Walkers are athletes! They need to perceive themselves as athletes! Accordingly, they should wear proper footwear, apparel and accessories (the “right” equipment”), train intelligently and regularly with a plan and feel good about what they are doing.
- 6) Have a goal! Make it realistic! Then create a practical game plan to achieve that goal. An intelligent effective plan or strategy includes sensible training principles, effective and motivational supervision and instruction, the right equipment, self-discipline and commitment.

Luke's is out there...come and join us!