

STEP IT UP



If you're ready to turn your walk into a workout, try these steps to take it up a notch.

1 As you get fitter, increase the intensity

Include bursts of more intense activity in your walking routine to help improve your fitness. Alternate between walking as fast as you can for a few minutes and walking at your normal pace for a few minutes. Or try switching between jogging and walking.

2 Use walking routes with hills or steps

This boosts your stamina and can help increase the strength of your calf and thigh muscles. When walking downhill, try to keep your knees slightly bent, take shorter steps and walk more slowly to reduce the impact on your knees.

3 Walk at a moderately intense level

The National Physical Activity Guidelines recommend going at a pace that's comfortable enough to talk but not to sing. This is when your heart rate is slightly increased so your heart and lungs are working harder but not too hard, and helping your body make the most of every workout.

4 Swing your arms

This action can help you burn 5 to 10 percent more kilojoules than you would otherwise.

