



# Walking

## for Health and Fitness



*Produced by the Department of Campus Recreation  
Stony Brook University*

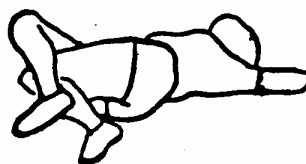
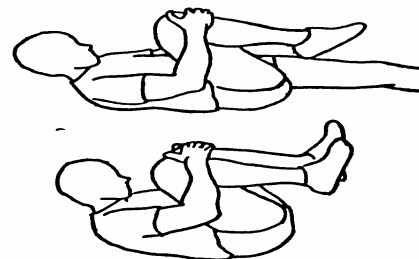
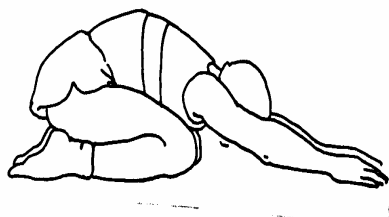
Designed  
By  
Rebecca H. Harris, PT, MSW Intern  
Department of Campus Recreation

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Stony Brook University  
2005

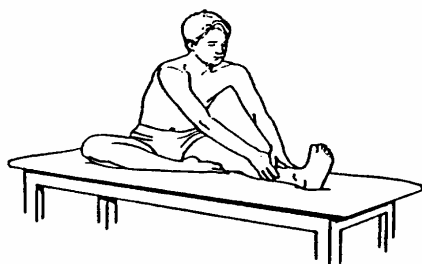
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no responsibility or liability for injury sustained while exercising or use  
of any of the mentioned facilities.

# STRETCHING EXERCISES

## Lower Back

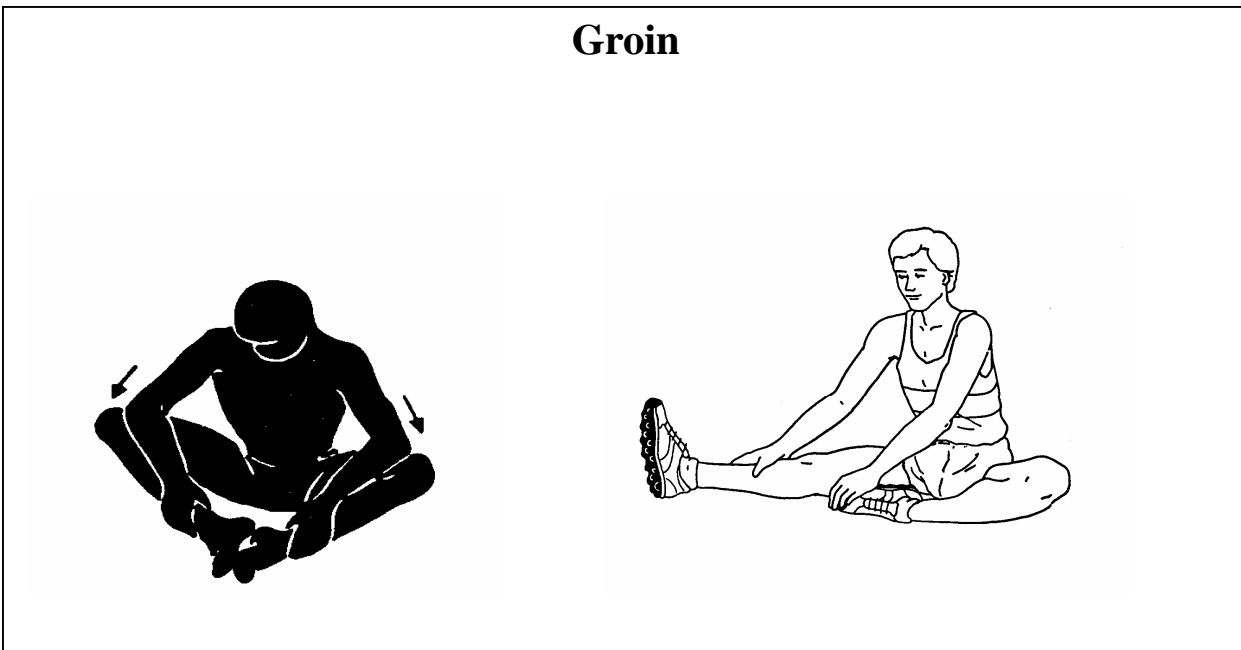


## Hamstring

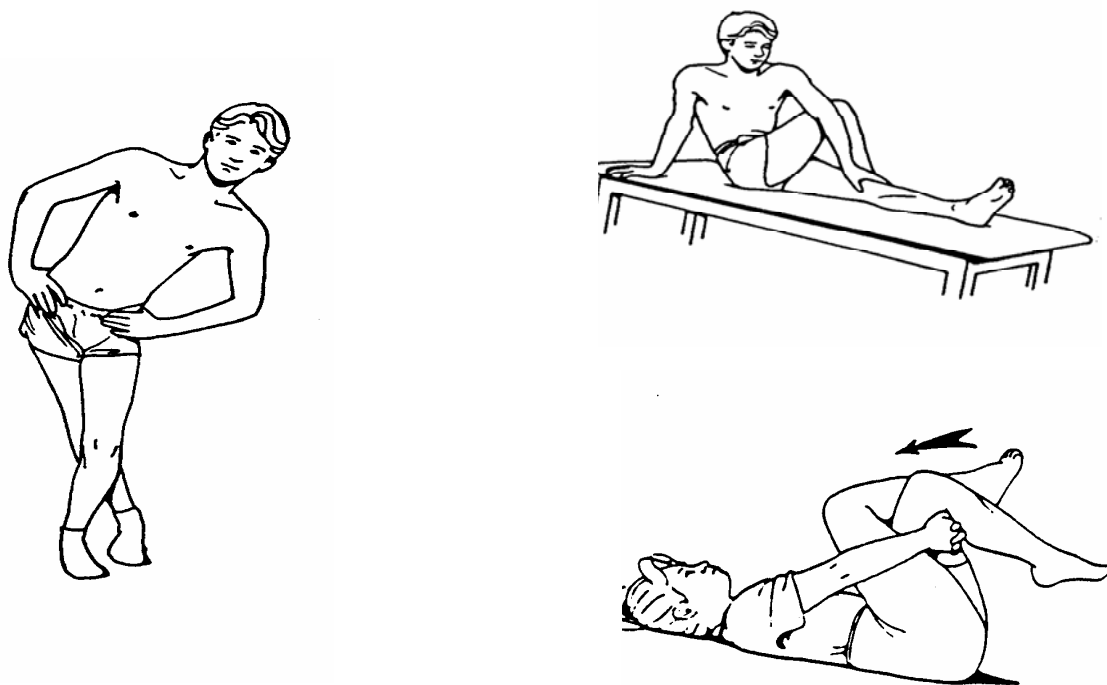


# STRETCHING EXERCISES

## Groin

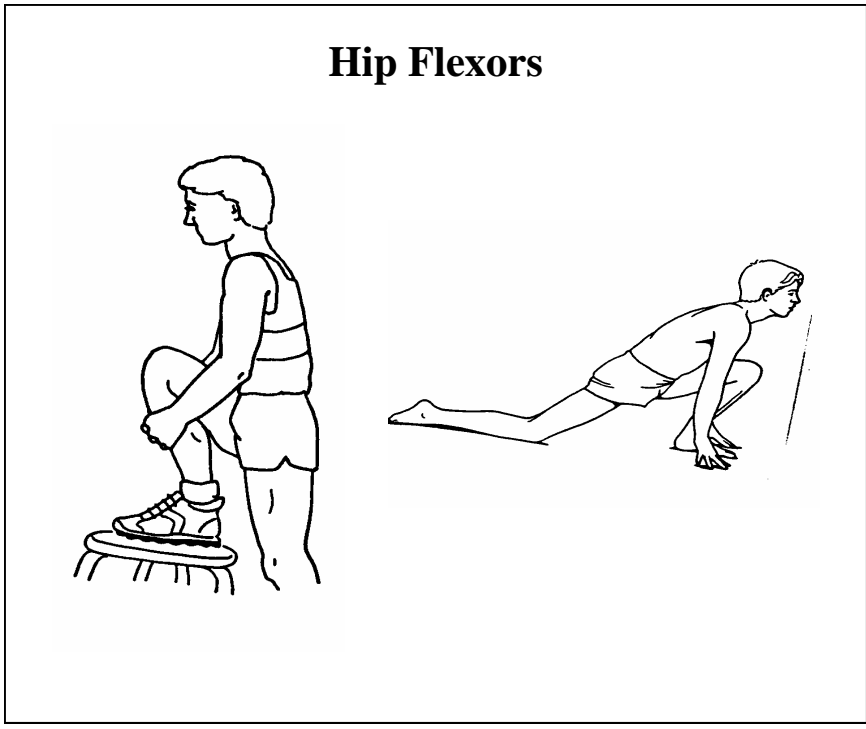


## ITB (Iliotibial Band)

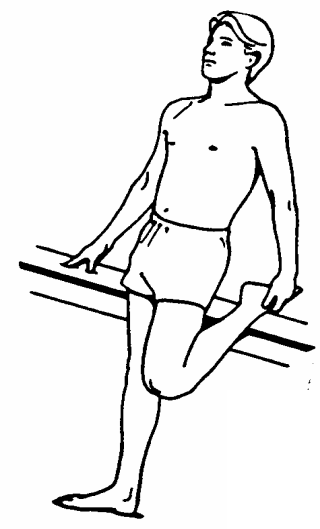


# STRETCHING EXERCISES

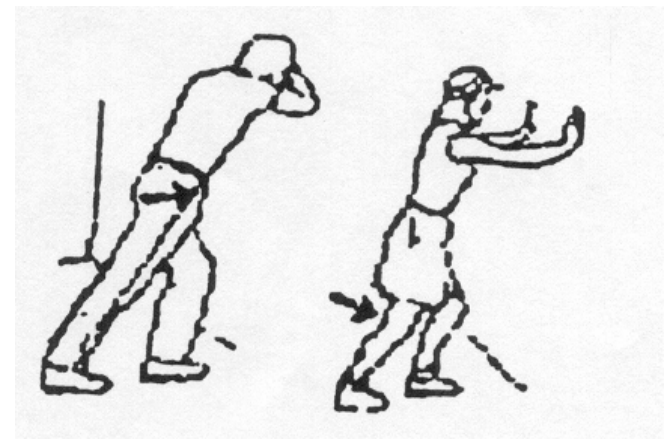
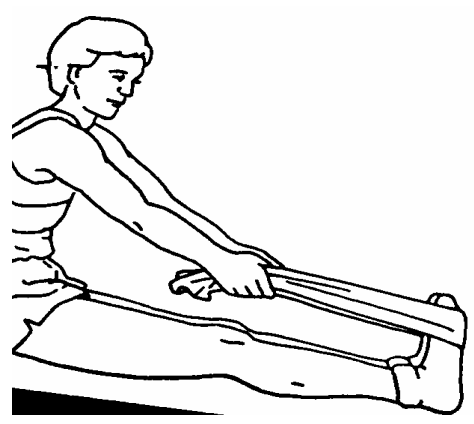
## Hip Flexors



## Quads

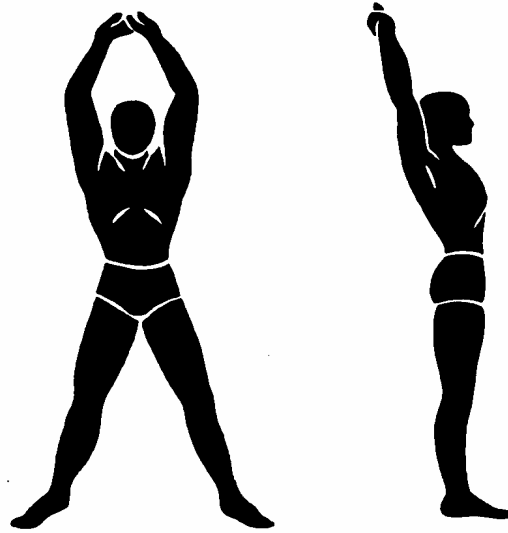


## Calves

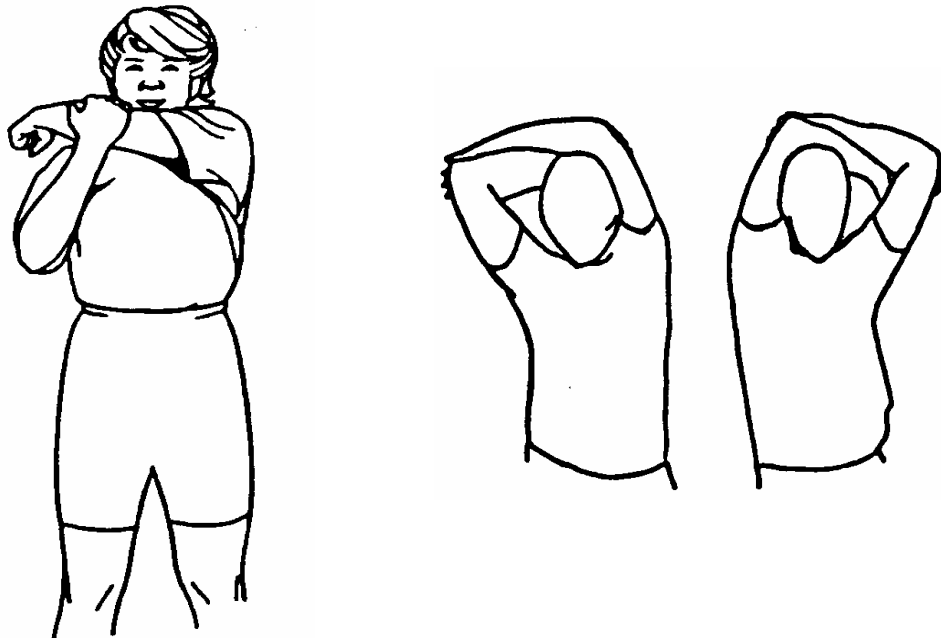


# STRETCHING EXERCISES

## Shoulder and Trunk Stretch

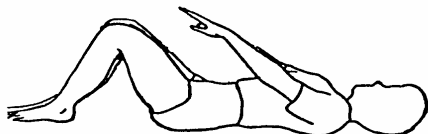
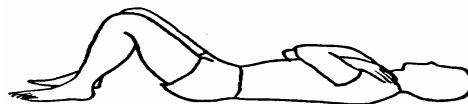


## Shoulder Stretch

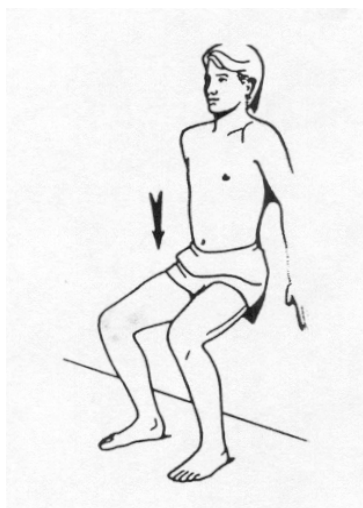


# STRENGTHENING EXERCISES

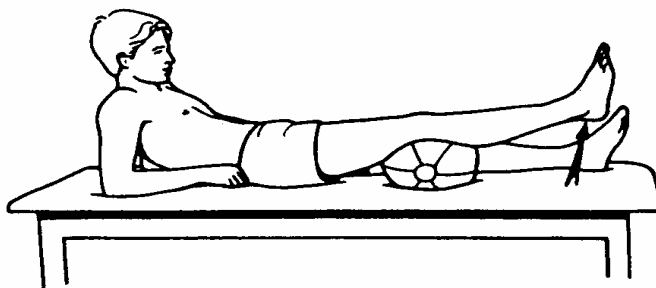
## Abdominals



## Wall Sits

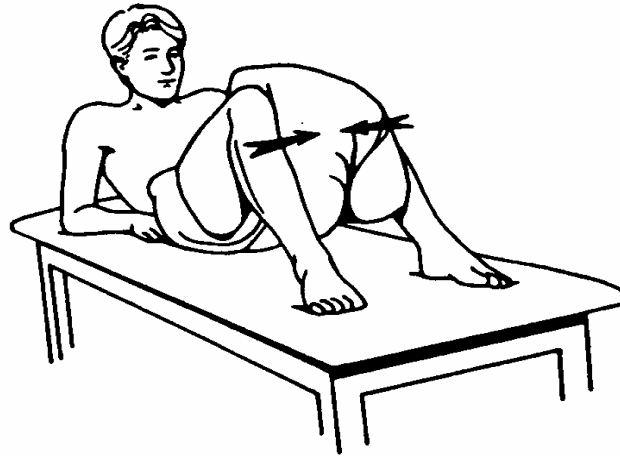


## Quads

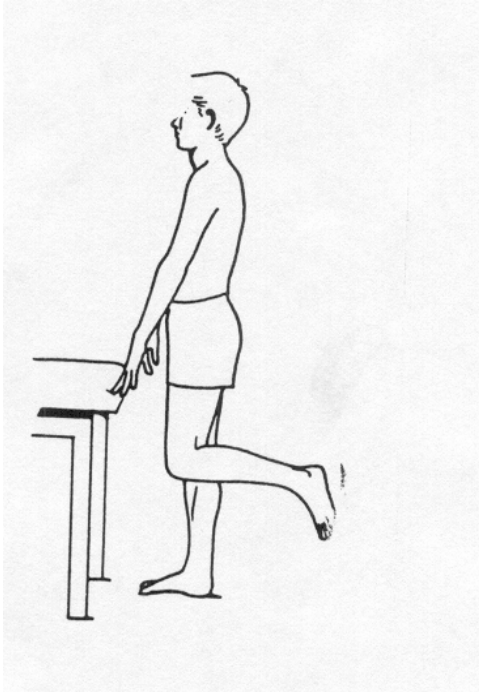


# STRENGTHENING EXERCISES

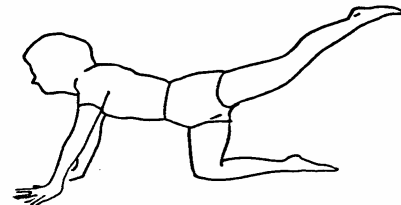
## Groin Strength



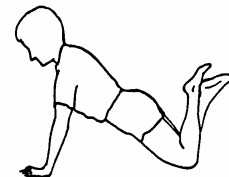
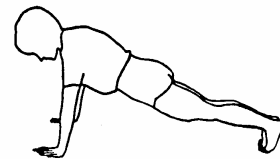
## Hamstring



## Buttocks



## Chest and Arms





## *How do I get started?*

The beginning is always difficult, but you made the hardest decision and that is to get started. There are many ideas of how to start, mine is a combination of research, experience and common sense. After checking with your doctor, if you had a previous illness or injury that has prevented you from exercising, this is how you begin:

### **Week 1:**

Walk 3 times a week at a comfortable pace for 10 minutes

### **Week 2:**

Walk 3 times a week at a comfortable pace for 15 minutes

### **Week 3:**

Walk 3 times a week at a comfortable pace for 20 minutes

### **Week 4:**

Walk 4 times a week at a comfortable pace for 20 minutes

### **Week 5 and 6:**

Walk 4 times a week at a slightly faster pace for 20 minutes

### **Week 7 and 8:**

Walk 5 times a week at the above pace for 20 minutes

You are now 2 months into your walking program you are ready to maintain this program. If you increase your program, increase only one part of the program (e.g. if you increase your speed, leave the number of days per week and duration the same)

**Note:** Instead of using duration as a measuring factor you may use distance.  
(e.g. instead of 10 minutes walk 2 laps on a track)



*“Be faithful in small things because it in them that your strength lies”*

*Mother Teresa*

## *I'm bored, I need I little more of a challenge...*

Once you build up to 30 minute walking sessions you can start doing what runners call fartlecks. It is a Swedish word that means speedwork. When doing the speed part of your workout, you can use the “talk test.” If you can talk while you are walking, it is the correct speed. You can also take your pulse. The general safe pulse or heart rate for a workout at this level is 60% of your maximum heart rate (220- your age) or 220-age X .60.

### **Week 1: 30 minutes total 4-5 days per week**

5 min. warm-up walk – slow steady pace  
5 min. - faster pace  
7 min. – steady comfortable pace  
3 min. – faster pace  
10 min.- cool down – slow steady pace

### **Week 2: same as week 1**

5 min. warm-up walk – slow steady pace  
5 min. - faster pace  
7 min. – steady comfortable pace  
5 min. – faster pace  
8 min.- cool down – slow steady pace

### **Week 3: 35 minutes total 4-5 days per week**

5 min. warm-up  
7 min. - faster  
8 min. – steady comfortable pace  
5 min. – faster pace  
10 min.- cool down – slow steady pace

### **Week 4: same as week 3**

5 minute warm-up  
7 min. - faster  
8 min. – steady comfortable pace  
7 min. – faster pace  
8 min. - cool down – slow steady pace

Always do a warm-up and cool-down for 5-10 minutes. You can also use hills as a substitute for a faster pace.

*“When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.”*

*Harriet Beecher Stowe*



# *How can I burn the most calories?*

You must have a base of 30 minutes at a moderate pace

## **Week 1: 30 min. total 5 times per week**

5 min. warm-up – moderate pace  
20 min. – fast pace (60% max heart rate:  $220 - \text{age} \times .60$ )  
5 min. cool-down

## **Week 2: 35 min. 3 times per week**

5 min. warm-up – moderate pace  
25 min. fast pace (60% max HR)  
5 min. cool-down  
30 min. 2 times per week as in week 1

## **Week 3: 35 min. 5 times per week**

As above

## **Week 4: 40 min. 3 times per week**

5 min. warm-up  
30 min. fast pace (60% max HR)  
5 min. cool-down  
35 min 2 times per week as in week 2

## **Week 5: 40 min. 5 times per week**

As in week 4

## **Week 6 & 7: 45 min. 3 times per week**

5 min. warm-up  
35 min. fast pace (60% max HR)  
5 min. cool-down

## **Week 8: 45 min. 5 times per week**

As above

*“Continuous effort, not strength or intelligence is the key to unlocking our potential.”*

*Liane Cardes*



# HIKING ON LONG ISLAND

## **Pine Barrens Trials Information Center**

¼ mile north of L.I.E  
Exit 70 on C.R. 111  
Manorville, NY  
Phone: 631-369-9768

## **Wildwood State Park**

Wading River, NY 11792  
Phone: 631-929-4314

## **Calverton Ponds Preserve**

Old River Road  
Riverhead, NY

## **Daniel R. Davis Preserve**

Mt. Sinai-Coram Road  
Coram, NY

## **Robert Moses State Park**

Babylon, NY  
Phone: 631-669-0470

## **Wertheim**

Carman's River in Shirley  
Shirley, NY

## **The Long Island Greenbelt Trail**

North Shore, NY

## **The Nassau/Suffolk Trail**

Cold Spring Harbor, NY

## **East Farm and Avalon Preserves**

Shep Jones Lane  
Village of Head of the Harbor, NY

## **Connetquot River State Park Preserve**

P.O. Box 505  
Oakdale, NY  
Phone: 631-581-1005

## **Fire Island Lighthouse**

Phone: 321-7028

## **Wilderness Visitor Center**

Phone: 631-281-3010

## **Sunken Forest**

Foster Avenue in Sayville  
Sayville, NY

## **Watch Hill**

West Avenue  
Patchogue, NY

## **Fire Island Trail**

The Center of Fire Island  
Fire Island, NY

## **Sunken Meadow State Park**

Kings Park, NY

## **Nissequogue River State Park**

Kings Park, NY

## **Caleb Smith State Park Preserve**

P.O. Box 963  
Smithtown, NY  
Phone: 631-265-1954

## **Vail Blydenburgh Sanctuary**

Eckernkamp Road  
Smithtown, NY

## **Butler Huntington Woods**

Fifty Acre Road  
St. James, NY

## **Heckscher State Park**

East Islip, NY

## **Paumanok Path**

"Appalachian Trail"  
Rocky Point to Montauk Point, NY

## **Fire Island National Seashore**

120 Laurel Street, Patchogue, NY  
Park Headquarters  
Phone: 631-289-4810

## **Sailors Haven Visitor Center**

Phone: 631-596-618













CAMPUS RECREATION

STONY

BROOK

UNIVERSITY.