



**WALK YOUR  
WAY TO  
WEIGHT LOSS**

**Safer - Easier - Lasting**



**TERRY  
FRANK**

## **Medical Disclaimer**

All information contained within this report is intended for educational purposes only. It is not a substitute for medical advice or treatment for specific conditions. We cannot and do not give you medical advice.

The information in this report is presented in summary form. It is only intended to provide broad consumer understanding and knowledge. You should not use this information to diagnose or treat any health issues without consulting a qualified health professional. Information obtained in this report is not exhaustive and does not cover all diseases or physical conditions or their treatment.

Should you have any health-care related questions, please consult with or see your physician or other health care provider. You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of the information in this booklet.

Check with your health care provider before engaging in any physical activity and exercise similar to the content of this report.

## Contents

<b>Walk or Run for Weight Loss?</b> .....	4
<b>Guide to a Healthy Walking Technique</b> .....	9
<b>What’s the Best Time of Day to Walk for Fitness?</b> .....	13

## Walk or Run for Weight Loss?

Weight loss is a big market in the U.S. in our modern age. Although some would argue otherwise, it seems to correlate with the rise of the fast food industry, here and worldwide, as Eric Schlosser notes in his book [Fast Food Nation](#). At any rate, diet, exercise and supplements have become the primary ways of addressing this widespread public health issue, although some have resorted to surgery out of desperation as no other methods have worked for them.

In this report, we are going to look at a solution which when applied consistently can serve as the basis for a safe, low tech yet effective way to address the weight loss issue- walking. This can be made even more powerful when it is coupled with the correct dietary selections and natural supplementation as well.

Combined and persisted with these 3 ingredients can provide you with a naturally safe recipe to bring your weight down to a normal level while simultaneously taking your health up to a noticeably higher level.

In this brief report, we will be focusing on the physical activity of using the natural act of walking to assist you in achieving your weight reduction and management goals. First, let's look at the difference between using running or walking to address this health issue.

### **Run or Walk?**

Is it better to walk or run for weight loss? Both are aerobic activities which are easy to learn. They both can be used to promote weight loss. They also can help to promote a healthy sleep rhythm while elevating your energy levels while awake. Either can also assist you in maintaining healthy blood pressure and cholesterol levels along with other longer-term health benefits.

Additionally, they are also social exercises that you enjoy with friends or family members, or solitary activities during which you can contemplate and make decisions

An added bonus is that they are portable activities in that you can take a walk or run just about any time of the year even if traveling, weather permitting.

## **Walking vs. Running**

Running burns excess pounds more quickly because of the accelerated motion, increased respiration, heart rate and sweat. However, it also places significantly more stress on your body because of the increased physical impact and stress on the joints.

On the other, walking is much easier on your joints since the impact of your foot striking the ground is lessened. however, with weight loss as your goal, you will need to walk twice as far as you run to gain the same benefits. This is not to say that walking is better or worse for weight loss simply that you may have to spend a bit more time at it in order to reach the same target.

If you are just beginning a dedicated physical regimen, walking is recommended as it can provide the initial conditioning to assist you in building up your endurance. If you wish, you can move to running with less strain in the future, by starting with walking.

## **What the Research Says**

What may be surprising however is that research has shown walking gives you many of the same benefits as running, but with less potential downside risk.

[Research was conducted](#) on 33,060 runners in the National Runners' Health Study and 15,045 walkers in the National Walkers' Health Study.

What they concluded was that the same energy used for moderate-intensity walking and vigorous-intensity running produced similar reductions in risks for

high blood pressure, high cholesterol, diabetes, and possibly coronary heart disease over the study's six years.

The study also found that the more people walked or ran each week, the more their health benefits increased.

Additionally, [extensive research](#) taken from the National Runners and Walkers Health Studies shows that both running and walking cut equally down on your risk of developing age-related cataracts.

## Which to Choose?

Both walking and running improve your overall health and fitness while lowering your risk for important age-related diseases. You can choose which of the two best fit your current fitness levels and situation.

If weight loss is your goal, and you are healthy enough, running will be the faster method because of the increased energy expenditure, elevated excess weight burn and heart rate. However, more running doesn't necessarily equate to more weight loss.

Research shows that running for longer than about 30 minutes tends to break down muscle, not fat, through a process called *gluconeogenesis*. When that happens, it depresses your metabolism. What is more, if you don't keep running regularly or stop, you will start getting fat very quickly because of your depressed metabolism.

So, while it is faster, running may not necessarily be the best long-term strategy for weight loss.

## What About Walking?

Fact is, you can also achieve weight loss with walking. If you are consistent with it and if you couple it with other changes such as diet and natural supplements, it can be as equally or maybe even more powerful than running because it's easier to keep up with.

If you have a serious illness, it is probably best to consult with a doctor before adding any type of exercise to your daily routine. However, since walking is the less stressful of the two, it is the easiest choice to start with- particularly with the presently sedentary or seniors.



Both forms of exercise are excellent low-cost ways to get you up and active. Typically, walking is easier to work into your day if you have a limiting time schedule because you can implement it by making different choices during your day such as taking the stairs in place of the elevator, parking further back in the parking lot etc.

Both activities are much healthier than remaining sedentary. Walking has a wider range of fitness levels and age range but as the Chinese proverb says, “A journey of a thousand miles begins with a single step.” So, why not begin your journey by intentionally putting one foot in front of the other today? Create a regular program and make it a habit. Take advantage of the total body benefits the simple but healthy exercise of walking will provide.



## Guide to a Healthy Walking Technique

Walking, as a way to improve your health and trim off the excess fat, requires the use of a good exercise technique. So, let's take a look at what a good walking technique involves. We'll begin with attention to your form, starting with your head and working down.

- Begin by making sure that you look forward, not eyes down, when walking. When walking this way your neck, shoulders and back all stay in a straight vertical straight line with your head.
- Tuck the chin in and down slightly while stretching the neck muscles up a bit. and relaxing the shoulders. Chest should be pushed slightly forward. All of these tips are not to be done rigidly but rather in a subtle manner to keep the posture on track to prevent physical strain.
- Try giving some rhythm to your walk by naturally swinging your arms. You don't have to overdo it and pump them like a runner. In fact, if you adopt the posture points above you will find that your arms will swing naturally back and forth. If you want even more of a boost, you can carry some use light hand weights and "work" your arms in a back-and-forth pumping motion.
- Breathing during walking doesn't have to be over emphasized but do try to take even full breaths in and out through the nose. Occasionally, you can take a deeper breath through the nose and then out through the mouth puckering the lips slightly to direct the expiration. Breathing like this during your walk every so often will help oxygenate the blood and promote better overall results with your walking routine.
- Pay attention to your abdominal core when walking. Tightening the core a bit gives your body good posture and also helps keep head, neck, shoulders and back in alignment.

- Don't shuffle when you walk, if you can avoid it, but rather glide heel first and push off on the ball of the foot for the next step. Don't over emphasize but maintain an awareness of your steps.

The above physical awareness points are not meant to be applied rigidly. They are points of awareness to run through from time to time while walking to make sure you are mentally focused and physically positioned to get the maximum benefit from your walking program. If you feel a little tired for example during your routine, take a good deep breath, then run through your posture points. This can give you a boost in energy to move you forward towards your goal for the day.

### **Three More Tips**

#### **- Exercise (Almost) Daily**

The United States Department of Health and Human Services recommends moderate exercise at *least* 2 1/2 hours each week to stay healthy. You can break this down into 30-minute walking sessions five days per week if you like.

You can also break this up with a day of strength training. Free weights are not for everyone so you may want to consider kettlebells which are a more whole-body type of strength training motion similar to walking. I would suggest a 20-30 minute kettlebell session but you may want to do them more than once a week because they will help if weight loss is your target by toning while building muscle mass.

Rest on the seventh day, to round out your weekly healthy walking plan.

## - Set Realistic Goals

If you are extremely out of shape and have not exercised for a while, start slow. If you are cleared by your doctor to exercise, try walking five minutes a day for the first week. Increase this amount by five minutes each week. After 6 weeks, you will be walking 30 minutes per day. That's a very conservative start which you can adjust to your needs as you see fit.

If a 30-minute slice of time to walk is difficult, you get the same benefit by walking twice a day for 15 minutes each time or even three 10-minute daily walks. As long as you get in 30 minutes, you are good to go.

## - Track Your Progress

Tracking your progress is very helpful in giving you the motivation to stick to your healthy walking plan. Today, there are several electronic “tools” on the market to make tracking easy. Invest in a [good pedometer](#) or accelerometer to keep track of how many steps you walk each day. Your goal, between walking and other steps you take each day, should add up to 10,000 per day.



## **Long Term Benefits of Walking**

Besides losing weight and getting healthier, following a walking plan can also help lift your mood, improve your coordination, strengthen your bones, and even prevent or negate the effects of various illnesses, such as heart disease, high blood pressure and Type 2 diabetes.

To make walking even easier, enlist a friend or family member to walk with you. Both of you will reap the benefits of walking. It's also a good way to create an accountability partner to keep both of you on track to stay consistent with your walking routines.

You may want to share this booklet with them as well, so that you are both on the same page when it comes to your walking workouts.

## What's the Best Time of Day to Walk for Fitness?

From a weight loss point of view, one time isn't better than another to walk. However, there are more considerations than burning calories which may influence when you walk. The time of day for walks can be broken down into four periods throughout the day:

- Morning
- Noon
- Afternoon
- Evening

### **Morning**

One of the benefits of walking in the morning is that it matches your natural energy cycles more closely, particularly in relationship to sleep cycles. We naturally have a big spike of cortisol in the early morning for the sole purpose of activity. Cortisol, an adrenal hormone, is what gives us the energy to get up and move around. It keeps us awake and alert.

On the other hand, melatonin, while not considered the sleep hormone like serotonin, makes sure we get good sleep. Cortisol and melatonin work inversely to each other. When cortisol is up, melatonin is down and vice versa.

Walking in the morning helps encourage the normal spike of cortisol in the morning so that it gradually drops off during the day bottoming out when it is time to sleep. This helps to normalize the cortisol – melatonin relationship for better sleep.

In addition to the sleep cycle benefit, morning exercise also helps to stimulate your metabolism which will carry through for the rest of the day. This means you will burn more calories throughout the day by taking advantage of a morning walk. has several advantages, such as sharpening your mental acuity and revving up your metabolism that will carry through for the rest of the day.

So while you don't burn any more calories by exercising in the morning, you will end up burning more throughout the day through your metabolism increase by going for morning walks.

## **Noon**

If you are working, your lunch break may be the only time you can work in a walk during the day. If you get your walk in during your lunch break try to walk first, then eat a healthy lunch you brought from home. Walking before lunch helps to reduce stress, curb hunger and improve blood flow so you will eat less and better digest what you do eat, assuming you are matching your walking regimen with a natural clean eating plan.

## **Afternoon**

Afternoon may be considered the time period from about 2:00 to about 5:00 or 6:00 p.m. Studies have shown that exercising between 3 pm and 7 pm is the best time to build endurance and muscle. If this is your ideal time, it will help to increase your endurance. This will allow you to walk farther and faster before you get tired.

Additionally, it will help you to build muscle to give you better definition and build more muscle. Larger muscles mean more calories burned per day. It won't make you look like Arnold, but it will help you look like a better you.

## **Evening**

Exercising in the evening is a good way to reduce stress from a day of working. It will also generate cortisol that will peak during exercise but if you time it right will dip below the active level about the time you need to get to sleep. (Note: Best sleep time is from 10:00 to 2:00 a.m. Keep this in mind when timing your sleep periods.) So, don't overlook evening exercise as a time to set up your walking period.

This time of day can also be easier for some people as their muscles are already warm and flexible from the day's activities. The reduction of stress and perceived effort coupled with the sleep benefit can make your walking period more enjoyable than during other times of day. So, don't overlook this time of day as a useful time for that power walk.

## **Can't Fit It In?**

Some people end up not exercising at all, because they can't find a 30-minute block of time during the day to devote to it. However, walking time is cumulative – for example, you get the same benefits from walking 10 minutes three times per day as you do once for 30 minutes. So, if “chunking” works better for you, then set yourself up with that kind of schedule. Two 15-minute walks or 3 10-minute walks. It all works out in the end, so don't let time be your excuse.

**Tip for busy people-** Another way to use your walking period productively is to bring along a smart phone or [MP3 player](#) etc. Download a useful book through Kindle on your smart phone, add the audible if available since Kindle now owns audible, (use the Kindle app with I Phones, Androids etc.) and listen on your ear buds as you walk to add learning to your workout.



No smart phone then use an MP3 player and download books, training or music you enjoy on to the MP3 player. Learn or listen as you melt off the pounds. I use both devices myself and vary the content according to what I am in the mood for.

Finally, it is important to remember that as with all exercising, consistency counts. Set yourself up with a time of day for your walking routine and stick to it. Track your progress to keep the motivation level high. If you are consistent, you will start to see results sooner than you think and derive all those great benefits from your walking program. Make it fun and enjoy a healthier, lighter you!

For more specific tips on using a natural diet and supplements to assist your weight loss goals visit: <http://naturalandorganicsolutions.com>