Walking one of the best forms of exercise/

One of the best forms of phsical exercise ever invented is right under our noses. Actually, closer to the ground, to be more specific. It's walking. Walking can be done anywhere, anytime, by almost anyone and it cost nothing, except the effort to get from here to there.

Walking is the most popular form of excercise in Ontario, and not because we have to do it. A 1986 study conducted by the Sports and Fitness Branch of the Ontario Ministry of Tourism and Recreation indicates over one-quarter of On-tario's 6.5 million adult population engage in walking as a physical fitness activity - roughly 1.7 million

But the benefits depend on the way we walk. According to Dr. Roy Shepard, Director of the School of Physical and Health Education at Most people, walk at a pace which the University of Toronto, many peo-increases the heart rate to only 100

burn up as many calories as possible son," Dr. Sheppard says.
thiring your walk, Dr. Shephard "But don't rush into things! adsays. "But the leisurely walk takes vises Art Salmon, Manager of the too few calories to get from point A to point B."

Experts contend walking re- belief that if you jog, you'll get more juvenates both body and spirit, firm- excercise than if you walk? Not so, ing muscles, loosening limbs and says Dr. Shephard, an active walker releasing phsyical and emotional himself. "I actually pass people who tension.

They're expending less

Besides, he adds, jogging puts tri-ple the stress on the knees.

ple walk in too leisurely a fashlon to to 110 beats per minute. For walking to be effective, "140 to 150 would be a reasonable rate for the average per-

vises Art Salmon, Manager of the Fitness Section of Sports and Fitness Ontario, "Start slowly. Don't expect What about the commonly-held to go out and walk five miles the first

Before beginning a walking program, it's best to check with your family physican.

The workplace, where most of us spend most of our time, has great potential as an environment for walking fitness.

Even if you work in a confined office, you can engage in workday walking. It's a good idea to plan for it even before stepping out the front door of your home.

Walking can be a convenient five minutes or exercise every morning and evening. Over five business days, that's an extra 50 minutes of exercise per week. All one has to do is leave for work five minutes

Today's

For example, walking a few extra blocks to the bus stop in the fresh morning air can get you prepared for the new day.

Statistics from Sports and Fitness Ontario indicate that women walk more than men. "Ten percent more women walk more than men." Mr. Salmon says. The same study showed 27 per cent of the province's adult female population walked as a form of physical fitness, compared to 17 per cent of the male population.

Choice of footwear is probably the single-most important factor in preparing for a walking program. "You don't need fancy running shoes," Dr. Shephard says.

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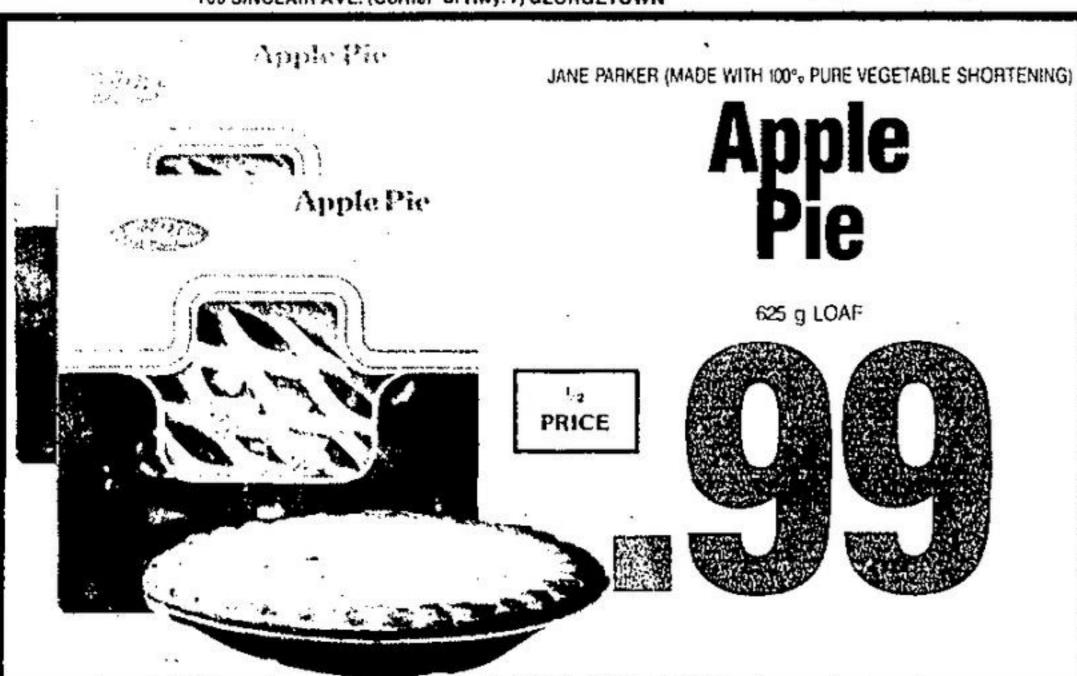
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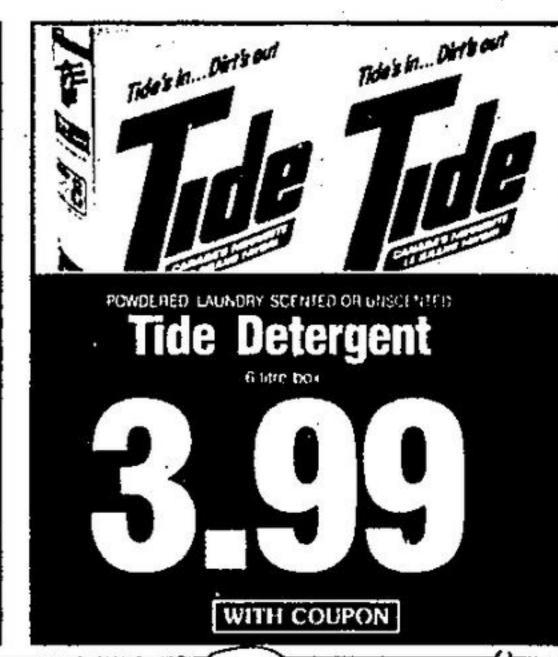




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