

- Expect a little soreness in the thighs and calves for the first week or two. If you experience more than soreness, « consult your doctor of chiropractic.
- Walk briskly, with “purpose.” Simply sauntering, while relaxing, is not an effective form of cardiovascular exercise.
- Stay hydrated. You should drink half of your body weight in ounces of water daily.
- Avoid caffeinated drinks, including energy drinks, prior to and during your walk. They can cause dehydration and a «racing heartbeat.

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Some walking surfaces are better than others on your musculoskeletal system.

- Walking on a cushioned or rubberized « track is ideal because the cushioning « of this type of track absorbs most of the impact of your walking. Many « recreation centers offer this type of track free of « charge.
- Grass is another good surface, but « watch out for hidden dips or holes in « the ground.
- Walking on a surface with no give, « such as concrete or a mall floor, is not « your best choice, because this type « of surface will not absorb much of « the impact your body will experience. « If you do choose to walk on such a « surface, be extra careful to select « highly «
- Alternate the days that you walk « at a slant. For example, Monday, « Wednesday and Friday, walk on « the slanted terrain. On Tuesday and « Thursday, switch to flat terrain. This « keeps your spine symmetrical.
- Be mindful of oncoming traffic.



Whether enjoying the wonder of nature or simply the company of a friend, walking can be a healthy, invigorating experience.

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While you may experience pain or injury in a particular area (such as a knee or a hip), the root of the problem may lie elsewhere. A problem in the foot or ankle can create an imbalance in every step, leading to discomfort or injury that moves to the knees, hips, low back or other regions of the body. If you suffer from pain beyond typical muscle soreness, your doctor of chiropractic can diagnose and treat your pain or injury and get you back on track. Your chiropractor can also customize a wellness program that is right for you and has the expertise to help keep you feeling and functioning your best.

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For more information on prevention and wellness, or to find an ACA chiropractor near you, visit acatoday.org/patients

