

windsor-essex **WALKS**
at work

PARTICIPANT GUIDE





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INTRODUCTION

Welcome to the Windsor-Essex Walks at Work program. This guide contains a variety of fact sheets and a log sheet to help you establish and maintain a safe and rewarding workplace walking program.

Most of us already know that being physically active is important. However, finding time in our busy schedules for physical activity can be challenging. There are many responsibilities that we place before physical activity. Becoming part of a workplace walking group is an excellent way to get 30 minutes or more of daily moderate physical activity, without getting in the way of other commitments.

In addition to being the most popular form of physical activity among Canadians, walking is inexpensive, can be done anywhere at anytime, and requires little skill and minimal equipment (e.g. a good pair of walking shoes, comfortable clothing, etc.).

Together with your co-workers, commit to a workplace walking program that fits into your workday. You and your co-workers will enjoy the many benefits walking has to offer, such as:

- Increased energy and stress reduction.
- Cardiovascular and muscular conditioning.
- Social and emotional benefits.
- Increased productivity and morale.
- Decreased risks for type 2 diabetes, high blood pressure, osteoporosis and certain cancers.
- Reaching and keeping a healthy body weight.

Remember to consult with your walking group leader if you need help with setting goals or maintaining your enthusiasm as a walking group participant. A companion guide was developed called the “Leader Guide” that contains plenty of information on walking groups and planning fun walking events at your workplace to add some variety and recruit new members!



SAFETY FIRST

To reduce the risk of injury, it is important to follow these recommendations.

Use the tips in this guide to help make your walking program a success. Remember to always start with safety first.

WARMUP

“Warm” muscles reduce the risk of injury. A warm up should include 5 to 7 minutes of light movements, such as light walking or stair climbing. Be sure that you are well hydrated before starting your warm up and walk.

Signs of a “warm up”:

- Your heart rate increases above resting heart rate.
- Your breathing rate increases above resting breathing rate.
- You start to “feel” warm and you may begin to sweat.

Once you are warmed up, follow the stretching guide as illustrated on pages 8-9.

COOL DOWN FOLLOWING YOUR WALK

A proper cool down returns your heart rate and breathing rate to near normal and allows your body to recover from your walk. A cool down should include 5 minutes of “slower” walking followed by stretching the major muscles used.

PROGRESSING

It is important to listen to your body. If you are feeling weak, dizzy or unwell in any way, please stop immediately and rest. If any of these feelings continue, you should consult with your health care professional. As your body adapts to a walking program, you will be able to increase how often you walk (frequency), how long you walk, and how hard you walk (intensity). However, it is important that you progress gradually in order to give your body the opportunity to adapt.

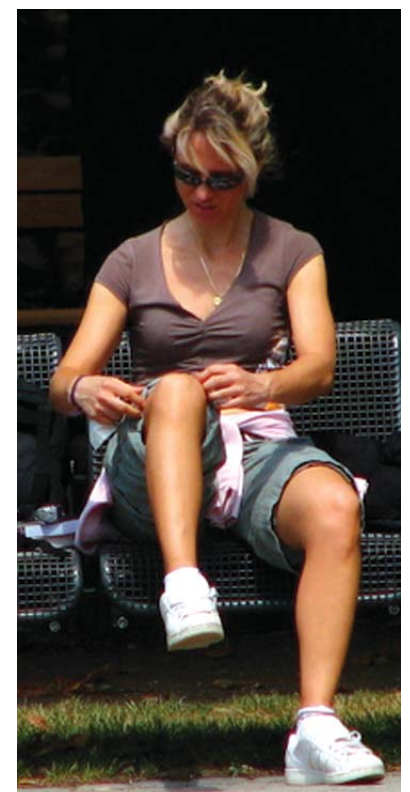
MEDICAL CONSENT

Not all adults need to consult with their doctor before beginning a walking program. However, if you fall into any of the following categories, you should consult with your doctor or health care professional before starting a walking program:

- Over the age of 65.
- Existing medical condition like type 2 diabetes, heart disease or high blood pressure.

SAFETY TIPS

- If you are walking alone, let someone know where you are going, the route you will take and when you are expected to return.
- If you are walking at night, it is important to wear reflective clothing that will allow you to be seen by traffic.
- To be safe, walk in areas that are well lit.
- Remember to practice sun safety. Wear a hat and apply a broad-spectrum sunscreen with an SPF of at least 15.
- More information on dressing for the weather and proper hydration can be found on pages 12-13.



SETTING GOALS

Being motivated to make positive changes in your life is the first step towards a healthy lifestyle. People who set goals are much more likely to achieve them.



WHAT IS GOAL SETTING?

Whether you realize it or not, you set goals everyday. Examples include getting out of bed by 7 a.m. and leaving the house by 8 a.m., making grocery lists for the week and “to-do” lists for work and home. Setting goals gives you something to work towards and provides you with a way to measure how well you are doing over a period of time. When it comes to succeeding at your walking program, setting goals and monitoring your progress will help you stay on track and get you to where you want to go!

WHY IS WALKING AND BEING ACTIVE IMPORTANT TO YOU?

Before setting your goals, you should spend some time thinking about the reasons for making walking and regular physical activity a part of your life. The following are examples of some of the reasons why people walk.

- Walking will benefit my health by reducing my risk of certain diseases, strengthening my heart and lungs as well as bones and muscles.
- Walking will help me sleep better at night.
- Walking will help me feel good about my body and myself.
- Walking will help me reach and keep a healthy weight.
- Walking will help me reduce stress.
- Walking on a regular basis will give me more energy to make it to the end of the day.
- Walking will allow me to explore my community.
- Walking will allow me to spend time with the people that are important to me (i.e. friends, co-workers, and family) in a fun and social way that is good for our health.

It is important to identify these benefits as they can serve as the motivation to get started and to stick to it!

SETTING GOALS

It is important to set smaller goals (short-term) that work toward achievement of a main goal (long-term). Short-term goals will motivate you by helping you see success along the way to your long-term goal.

Long-term goal

A long-term goal will take a longer period of time to achieve (i.e. 3 months to 1 year). For example, you may decide that you want to be walking 5 days a week for at least 45 minutes each day within 3 months time.

Short-term goal

Short-term goals are the activities that you will achieve daily, weekly, or monthly to help you achieve your long term goals.

Using the long term example already used, the following are examples of a series of weekly short-term walking goals:

| | | | |
|---------|--------------------|---------------|--------------------|
| week 1 | 20 minutes per day | 3 days a week | light intensity |
| week 2 | 25 minutes per day | 3 days a week | light intensity |
| week 3 | 25 minutes per day | 3 days a week | moderate intensity |
| week 4 | 30 minutes per day | 3 days a week | moderate intensity |
| week 5 | 35 minutes per day | 3 days a week | moderate intensity |
| week 6 | 40 minutes per day | 3 days a week | moderate intensity |
| week 7 | 40 minutes per day | 3 days a week | moderate intensity |
| week 8 | 45 minutes per day | 4 days a week | light intensity |
| week 9 | 45 minutes per day | 4 days a week | moderate intensity |
| week 10 | 45 minutes per day | 5 days a week | light intensity |
| week 11 | 45 minutes per day | 5 days a week | moderate intensity |
| week 12 | 45 minutes per day | 5 days a week | moderate intensity |

BE SMART ABOUT SETTING GOALS

When you set goals, consider the following goal setting points:

- **Specific:** be clear about what is that you want to achieve.
- **Measurable:** you will know if you have reached your goal.
- **Achievable:** the goal can be reached.
- **Realistic:** you are able to do what it takes to reach the goal.
- **Time:** a reasonable amount of time is available to reach the goal.

KEEPING TRACK

Use the chart in the log chart provided at the end of this guide to set goals and to keep track of your progress.

Once you have reached a short-term goal, don't forget to reward yourself and set your next goal! When you reach your long-term goals have a bigger celebration and consider how you will progress from here.

PLANNING A WALKING PROGRAM USING THE FITT FORMULA

PLANNING A WALKING PROGRAM

FREQUENCY - how often you include walking in your week

- Start with 3 walking sessions per week.
- As your body adapts, you can slowly increase the number of walks per week with a goal of walking every day.

INTENSITY - how much effort you exert and how hard your body is working while you are walking

- Canada's Physical Activity Guide to Healthy Active Living recommends that you include moderate walking into your routine.
- When you are ready, you should try to include some "vigorous" activity into your routine. For example, during the half way point of a 30 minute walk, pick up the pace and walk more vigorously for 5 minutes, slow down and return to a moderate pace for 5 minutes, then start again.



When planning any type of physical activity routine, including a walking program, the FITT formula can be used. Once you have set your workplace walking goals, you are now ready to plan out the details of your program to help you reach your goals.

How do you know what “moderate” or “vigorous” intensity feels like? The easiest way to tell how hard you are working is by using the “talk test”. If you can carry on a conversation, but you cannot sing, then you are being active at a “moderate” level. If you cannot hold a conversation, then you are being active at a “vigorous” level.

TIME - how long you are active each time you go walking

- Beginners should aim for walks of at least 10 minutes and work their way up to at least 30 minutes.
- Gradually increase the time of each walk until you reach at least 30 minutes. If you can't increase time, try to increase intensity as you become more fit.

TYPE - how you walk

- You may take an easy stroll, a brisk walk, depending on your goals and fitness level.

SAMPLE WALKING PROGRAMS

Using the four variables, you can design a walking program. For example:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|----------|----------|-----------|------------|------------|----------|----------|
| Frequency | 1st walk | 2nd walk | Day off | 3rd walk | 4th walk | Day off | 5th walk |
| Intensity | Light | Moderate | N/A | Moderate | Moderate | N/A | Moderate |
| Time | 40 min. | 20 min. | N/A | 2 x15 min. | 2 x15 min. | N/A | 30 min. |
| Type | Stroll | Fitness | N/A | Fitness | Fitness | N/A | Fitness |

STRETCHING

At the end of each walking session, it is important to spend 5 to 10 minutes stretching.



WHY STRETCH?

- Flexibility is one of the three groups of activities recommended by Canada’s Physical Activity Guide to Healthy Active Living.
- Good flexibility is important to keep muscles relaxed, joints mobile and to reduce risk of injury.
- Stretching at the beginning and the end of your walk may help prevent injury and decrease muscle soreness.

STRETCHING GUIDELINES

- It is important to stretch “warm” muscles (i.e., after a light warmup or activity).
- It is important NOT to stretch to the point of pain – you only want to “feel” the stretch, not the pain.
- Hold each stretch for at least 10 seconds - DO NOT BOUNCE.
- Breath naturally while stretching, do not hold your breath.
- Repeat each stretch twice.

IMPORTANT STRETCHES

The following lower body stretches are most important as they stretch the muscles used during walking.

STRETCHES

Hip flexor stretch (front of the thigh)

Stand upright with your feet together. Step back with one foot and bend the knee of this leg. The front knee should be bent slightly. Squeeze your buttocks together and push your hips forward to stretch the muscles in the front of the upper thigh. Hold and repeat. Switch legs.



Hamstring stretch (back of the thigh)

Stand upright with one foot in front of the other. Shift your weight to the back leg and bend this knee as you sit/lean back. Support your upper body by placing your hands on the back leg, just above the knee. The front leg will be extended and the toes will be lifted off the ground while the heel remains on the ground. Lean forward slightly to feel the stretch. Hold and repeat. Switch legs.



Inner thigh stretch

Sit on the floor with legs extended in front of you. Place the bottom of both feet together, and slide them up toward your body. Keep a tall posture by placing your hands on your ankles for support. Let your knees fall to the side and press them down toward the ground to stretch the muscles in the inner thigh. Hold and repeat.



STRETCHES



Calf stretch (back of the lower leg)

Stand on the edge of a raised surface, such as the bottom stair. Hold onto the railing for support, and let the heel of one foot fall back off the edge of the stair to stretch the back of the lower leg. Hold and repeat. Switch legs.

The following stretches are not as important as the lower body stretches above, but may help to relieve any tension in the upper body.



Chest Stretch

Extend your arm and place your fingertips on a wall, or post so that your arm is parallel with the ground. Gently turn your body in the opposite direction of the extended arm until you feel the stretch in your chest muscles. Hold and repeat. Switch arms.



Upper back stretch

Interlock your fingers and reach arms out in front of your body at chest level. Look at your hands and round your shoulders forward to stretch the upper back. Hold and repeat.

GETTING THE RIGHT SHOES

Having a good pair of walking shoes is important to maximize your comfort and minimize any risk for potential injury.

Keep in mind the following tips when selecting a pair of walking shoes

TIPS

- They should be lightweight.
- They should have some flexibility in the ball of the foot, not in the middle of the shoe.
- They should have SOME side-to-side “twist”.
- They should have a low heel as not to stretch the Achilles tendon.
- They should have a wide heel landing area.
- They should have synthetic uppers, which will not stretch like leather if they get wet.
- Shop for shoes later in the day when your feet are their largest.
- Wear the socks you will be wearing when you walk.
- Try both shoes on.
- Walk around wearing both shoes, making sure nothing pinches.
- If you feel the top of the shoe against your toes, it is too tight.

WHEN YOU BRING YOUR NEW SHOES HOME

- Wear them around the house for 1 to 2 hours to find any areas of discomfort BEFORE you wear them outside. If you are feeling a lot of discomfort or pain, return the shoes.
- Once you have a pair of shoes that fit you properly, wear them around the house for an hour or two each day to break them in before using them outside.

HOW DO I KNOW WHEN IT'S TIME TO REPLACE MY WALKING SHOES?

Place your old shoes on a table or other flat surface and look at them from the back. If they lean inward or outward or show signs of wear like badly worn edges on the sole, it's probably time for a new pair. If you're using your shoes on a regular basis (e.g. 3-4 days a week), you will probably need to replace them once a year. If you start to notice pain in your feet, ankles, legs, or knees even though you haven't changed your exercise routine, worn-out shoes may be a factor.



USING A PEDOMETER

The pedometer is a small electronic device that can be used to keep track of the number of steps you take each day. It is a good motivator because it provides instant feedback; you know right away the number of steps you have taken during a given activity.



JUST THE FACTS

What is a pedometer?

- A pedometer is a small electronic device worn at the hip that keeps track of the number of steps taken.

Is a pedometer accurate?

- Today's pedometers are very accurate at counting steps.
- However, research has found that they are not as accurate at measuring distance and the number of calories burned. Therefore, it is recommended to use the pedometer only to count steps.

Where can I find a pedometer and how much will it cost?

- Pedometers are now available at most sporting goods stores for \$25-\$45.
- Good quality pedometers can be purchased on-line at www.stepscount.ca. Ask about their group rates.

How do I wear my pedometer?

- The pedometer should be attached to the pant waistband near the front of the hipbone. The pedometer should be in line with the top of the knee. Try to make sure that the pedometer is in a vertical position and is not "tilted". Some people like to use a safety pin to attach the clip of their pedometer to their waistband for extra security.

How many steps should I take?

- The average "sedentary" North American adult takes between 3,500 – 5000 steps per day. A "low-active" individual will take between 5,000 and 7,499 steps per day, a "somewhat active" individual will take between 7,500 and 9,999 steps per day, and an "active" individual will take over 10,000 steps per day.
- Therefore, to be considered an "active" individual, we should try to take at least 10,000 steps per day.
- Reaching this step goal may take time, depending on your current baseline step total. Read below on how to calculate your baseline daily step total.

DETERMINE THE BASELINE DAILY STEP TOTAL

The baseline daily step total will tell you the average number of steps you are taking each day. To determine this value, you will need to wear a pedometer and keep track of the number of steps you take on a daily basis, keeping the same activity level and not changing anything you are doing right now. You will need to continue this process for one week. At the end of the week, add together the step totals from each day of the week and then divide by the number of days you kept track.

For example:

- You kept track of your daily step counts on 5 days of the week: Monday (5324 steps), Tuesday (6202), Wednesday (3097), Friday (5926) and Saturday (7426).
- The step total for the 5 day period is: 27,975
- The average daily step count is: $27,975 / 5$ days of the week = 5595
- Therefore, your baseline daily step total is 5595 steps.
- This would be considered a "low-active" daily step count.

After you have determined your baseline daily step total, the pedometer will be helpful to help you track your progress towards reaching your step goals. Remember that an "active" individual takes about 10,000 steps per day, so when you set your step goals, keep this target number in mind.

DRESSING FOR COOLER WEATHER

It is important to dress appropriately during the colder weather so that you are well protected and able to comfortably enjoy your walk.

IF YOU ARE GOING FOR A WALK OUTDOORS

- Wear a hat to keep your head warm – almost half our body heat is lost through the head.
- Keep feet and hands dry by wearing mitts and waterproof boots.
- Drink water before, during, and after activity.
- Layer clothing – take off extra layers if you become too warm and replace layers when you cool off. Consider three layers:
 - **Inner layer** – the purpose of this layer is to draw or wick moisture and sweat away from dry skin to the middle layer of clothing – this layer should be made of polypropylene or polyester. This layer will also provide insulation
 - **Middle layer** – the purpose of this layer is to absorb the moisture that is wicked away from the first layer – you can wear multiple layers, but be sure they are not too bulky and restrict movement. Wool is a good choice because it acts as insulation even when wet.
 - **Outer layer** – the purpose of this layer is to provide insulation and to repel rain and snow – this layer should be made of windproof, water repelling and breathable fabrics such as Gore-Tex®.
- If it's windy, move “into” the wind when you first get started and have more energy. This way, when you are tired and cold on the way back, you will have the wind behind you!
- Keep in mind that the temperature of the air is not always the best predictor of how cold it actually “feels”. Pay attention to the “wind chill” (combination of wind speed and air temperature) as it will make it “feel” much colder than the reading on the thermometer. The colder the wind chill, the faster your body loses heat. To learn more about wind chill and its effects, visit: www.mb.ec.gc.ca/air/wintersevere/windchill.en.html.

Although Windsor-Essex is not known as a “cold spot”, it can get chilly outside during the winter months.



DEALING WITH HEAT, HUMIDITY AND SMOG

Windsor-Essex County is known for its hot and humid summers.

It is important to prepare and protect yourself during hot, sunny humid weather so that you minimize the risk of heat related illness and sunburn.

IF YOU ARE GOING FOR A WALK OUTDOORS

- Try to be active outside during the “cooler” times of the day – morning, late afternoon or early evening.
- Drink plenty of cool water before, during and after activity.
- Wear clothing that allows evaporation of sweat to help cool the body, for example, choose fabrics that “wick” sweat away from the skin. They can be purchased from a sporting goods store.
- Wear a wide brimmed hat that protects your head and face from the sun.
- Wear sunscreen with a SPF of at least 15.
- Choose a walking route with as much shaded areas as possible.
- Stay away from busy streets with high vehicle traffic to reduce your exposure to exhaust fumes.
- During very hot days, you may want to move your walking group indoors to a clean, cool environment. For example, walking the halls of your building, or moving your walking group to a nearby shopping centre.

THE FLUID FACTOR

The need for water increases when we are exercising in order to keep our body cool.

GUIDELINES

It is recommended that you:

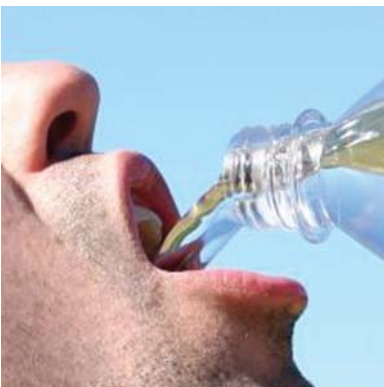
- Drink cool water – it is the most effective in keeping you cool and hydrated.
- Drink BEFORE you feel thirsty.
- Drink before, during and after activity.
- Increase your fluid intake when in hot, humid conditions.
- Drink water to replace coffee, tea and soft drinks.

To help keep you hydrated, consider trying the following tricks:

- Keep a container in the fridge ready to use.
- Keep a water bottle or glass in easy reach at your work space.
- Drink a glass before you brush your teeth.
- Drink a glass before each meal.
- Add crushed ice.
- Add a slice of lemon, lime or orange.
- Add a splash of cranberry juice or other preferred fruit juice.

SPECIAL CASE - SPORTS DRINKS

Sports drinks are a popular alternative to water when active people are looking to replace fluids. These lightly flavoured drinks contain carbohydrates (sugar), which provide energy to working muscles during exercise that is more intense and challenging, “stop and go” in nature, or longer than 60 minutes. These drinks are not beneficial for activities that last less than one hour.



IDENTIFYING ROADBLOCKS AND OVERCOMING BARRIERS

Here are some tips to help you overcome the “big three” roadblocks.

IDENTIFYING YOUR ROADBLOCKS

In order to make physical activity a priority in your life and to reach your goals, you need to identify the barriers or roadblocks that may get in your way. According to research from the Canadian Fitness and Lifestyle Research Institute (CFLRI), the following barriers make up the “big three” roadblocks:

- Time
- Energy
- Motivation

OVERCOMING BARRIERS

Time

- Prioritize! Your health is important, so move it up the list.
- Make an appointment and schedule your walk or activity into your day, just like a meeting.
- Identify “time wasters” or “time thieves” that are taking time away from doing something that is important to you and your health.
- Start with something that is manageable and build on it. Can you find 10 minutes?

Energy

- Identify your high energy and low energy periods in the day and try to schedule activity when you are in a “high energy” period.

Motivation

- Rely on your workplace walking group to keep you motivated and committed.
- Track your progress by using the Weekly Walking Log (provided at the end of this guide) so you can see how well you are doing.
- Track your short and long-term goals and reward yourself when you meet a goal.

Keep in mind for every barrier there is a potential solution. The good news about walking is the nature of the activity itself helps overcome many of the common barriers, such as lack of facilities, equipment, and convenience.



GETTING WALKING SUPPORT

Support can make a big difference; so don't be afraid to ask for help!

It is always much easier to make change when you have the support of others. There are different types of support:

- Listening support – someone who listens without making judgments, helps you celebrate successes and talks you through trouble spots; they are a good sounding board.
- Shared experiences – someone who knows what you are going through; someone who is in the same boat as you are; they can offer suggestions and advice.
- Technical support – someone with technical knowledge who can offer tips and advice; books, videos, magazines; can be helpful, but be careful, not all are reliable.
- Partnering support – someone who walks with you, is willing to help you out; someone to be active with.
- Motivational support – someone who will “pump you up” and act as a cheerleader.
- Emotional support – someone who really knows you and has your best interests at heart.
- Practical support – someone who provides assistance to help you fit activity into your day; it may be your spouse helping with dinner so you can go for a walk.



Often, we are afraid to ask for help because we are worried that we will be rejected, or that others will see it as a weakness. The truth is, we all need a little help sometimes! When you ask for support, be open and honest and explain why you want to be more active and why it is important to you.

To help you get started, make a list of the people who can help you and include the type of support they can provide.

| WHO can you turn to? | HOW can they help you? |
|----------------------|------------------------|
| | |
| | |
| | |
| | |
| | |



EXERCISE SABOTAGE

Read below for examples of ways to deal with potential exercise sabotage.

TYPES OF SABOTAGE

1. Those who don't take your goals seriously.

Coworker: "We're going out for lunch today."

You: "Thanks for the invitation, but I'm going for a walk at lunch today."

Coworker: "Skip the walk and join us."

2. Those who don't take "no" for an answer.

You: "Thanks, but I really need to get in my walk today and lunch is the only time I have available."

Coworker: "Are you sure, because we're going out for Chinese and I know you really like the restaurant we've picked."

3. Those who may be envious of your commitment.

You: "Maybe another time, I'm really trying to stick with this and if I don't go at lunch, I won't go at all."

Coworker: "Ok, but I can't believe you'd pass up the chance to go to one of your favourite restaurants."

4. Those who don't understand your goals.

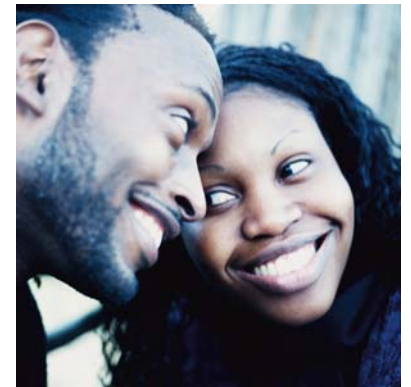
You: "This is really important to me and I've made a commitment to go for a walk everyday for at least one hour."

Coworker: "What's the big deal is if you miss one day?"

WHAT CAN YOU DO?

- Be open and honest about your decision with others.
- Be firm about your decisions.
- Involve the individuals in your plans and invite them to join you.
- Take a "rain check" and make plans to do something with them at a later date.
- Plan ahead to deal with these challenges. Practice your response to sabotage that you can see coming.

As it is important to understand how a support system can help you, it is also important to understand that the types of things or people who can undermine or sabotage your efforts.



DEALING WITH SETBACKS

You will likely experience setbacks as you work toward reaching your walking goals. It is important to know that setbacks are normal and unavoidable. Don't panic!

You can use setbacks as an opportunity to strengthen and reinforce your problem-solving skills. How you deal with setbacks can make all the difference when working toward your long-term walking goal.

WHAT IS A SETBACK OR SLIP?

Here are some definitions of the different types of setbacks or “slips” to help you know what you are dealing with:

- If you take a day off from walking once in awhile, this is normal. This is not a “slip”.
- If you get off track for two or three days each week, this is a “small slip”. Small slips are easy to recover from and you can quickly get back on track.
- If you avoid your walking routine for several days each week, this is a “big slip”. You'll have to work harder to get back to your healthy lifestyle habits.

DEALING WITH SETBACKS

There are many ways to deal with these setbacks:

- Review the reasons you've chosen for including more physical activity in your lifestyle.
- Re-examine your short-term goals. Do you need to make changes?
- Make sure you have support from your family, friends and co-workers.
- Reward yourself.
- Engage in some positive “self-talk”.
- Be honest with yourself and accept responsibility for your action but then move on.
- Take a look at your schedule; you may need to find new ways to fit activity into your day if your schedule is changing.
- Avoid negative self-talk.
- Focus on your strengths.

It's not the setback that's important; it's how you deal with it!



ADVANCED WALKING

Adding variety to your walking routine will help you to stay motivated. Here are some ideas:

- Stair walking - Walking up stairs will challenge the cardiovascular (i.e. heart and lungs) system and make the body work harder. It is important to remember to stretch the calves (see section on “Stretching”) after a stair climbing workout or you will feel some muscle soreness the next day.
- Walking up hill - Hill walking will challenge the body in the same way as stair walking.
- Interval walking - This requires alternating the regular intensity of walking with periods of faster paced walking and pumping your arms. These intervals can vary in length from 30 seconds to 2 minutes, depending upon your starting fitness level and the intensity of the interval. The length of the intervals can change to allow for variety. For example, one interval could be 30 seconds in length and a second could be 1 minute. The longer the interval, the less intense the pace. The number of intervals will depend upon your fitness level.

Once you have been walking for a period of time, your body will be ready to take on new challenges!

PLACES TO WALK IN WINDSOR-ESSEX

OUTDOORS

Outside of work, there are many great places to walk in Windsor and Essex County. Start with your own neighbourhood and then explore the following areas.

CITY OF WINDSOR

The City of Windsor Leisure and Recreation Department produces a map of the various trails within the city limit. Copies of the map are available 519-253-2300.

A few examples include:

- Riverfront – A walking path along the Detroit River runs west from the intersection of Riverside Drive West and Huron Church Road to Hiram Walkers on Riverside Drive East. The entire path is paved.
- Ojibway Nature Centre - Located on Matchette Road north of the Windsor Raceway, this nature centre features a variety of trails ranging in distance from 2 to 5 kilometres.

COUNTY OF ESSEX

Interesting and unique trails and walks can be found in each and every community in the County of Essex. These trails range from historical walks in many of the communities to the Essex Region Conservation Authority (ERCA) Chrysler Canada Greenway.

- The ERCA Chrysler Canada Greenway is a 42 kilometre trail that runs from Tecumseh (community entrance at the intersection of Walker Road and Highway #3) south to Ruthven (located beside Colassanti’s), passing through Harrow and Kingsville. Copies of the map are available by calling ERCA at 519-776-5209.

Contact the municipal tourist information center or the local recreation department for more information on trails in each of the county communities. LaSalle, Lakeshore and Leamington all have accessible trail systems.

If you expand your walking to locations away from work, here are some ideas!



PLACES TO WALK IN WINDSOR-ESSEX

INDOORS

Depending on the weather, walking indoors may be more appropriate.

CITY OF WINDSOR

- Mall walking at Devonshire Mall
Located at 3100 Howard Avenue. Call 519-966-3100 for mall hours.
- Walking the indoor track at the University of Windsor's St. Denis Athletic and Community Centre.
Located at the corner of Huron Church Road and California Avenue.
Call 519-253-3000 ext. 7209 for more information on times and cost.
- Mall walking at Tecumseh Mall
Located at 7654 Tecumseh Road East. Call 519-945-2764 for mall hours.

COUNTY OF ESSEX

- Walking indoors at the Leamington Kinsmen Recreation Complex
Located at 249 Sherk St. Leamington. Call 519-322-2337 for hours and fees.

OTHER IDEAS

- Approach a local community center or recreation department to see if they would offer an indoor walking program.
- Approach a local church to see if they would allow indoor walking in the church hall.



WEEKLY WALKING LOG

Week of (mm/dd)

_____ / _____

Weekly Walking Goal
(km's, steps, or time)

| Day | Time (min.) | Steps | Distance (km) | Intensity | Comments |
|------------|-------------|-------|---------------|-----------|----------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |
| WEEK TOTAL | | | | | |

Did you reach your weekly goal? _____

What went well? _____

What needed improvement? _____

Ideas for next week: _____

Week of (mm/dd)

_____ / _____

Weekly Walking Goal
(km's, steps, or time)

| Day | Time (min.) | Steps | Distance (km) | Intensity | Comments |
|------------|-------------|-------|---------------|-----------|----------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |
| WEEK TOTAL | | | | | |

Did you reach your weekly goal? _____

What went well? _____

What needed improvement? _____

Ideas for next week: _____



windsor-essex **WALKS**
at work