



The benefits of walking for weight loss:

1. It's free!
2. It's low-impact.
3. It can be done anywhere.
4. You can do it in a group or solo.
5. It increases brainpower, according to a [New Mexico Highlands University study](#).
6. It improves heart health, (lower the risk of high blood pressure, high cholesterol and diabetes) as much as running, according to the [American Heart Association](#).
7. It's good for your mind. Walking in nature has been linked to improved mental health by the [University of Michigan Health System](#).
8. It decreases the risk of illness (stroke, coronary heart disease, depression and other life-threatening conditions), as per this [University Study](#).

6 Walking Tips for Weight Loss

1. Walk Tall
Focus on standing tall when you walk to help with your technique and posture. Walking tall helps to keep your bones and joints properly aligned to decrease back, hip and leg pain.
2. Look up
Your head weighs around 4.5kg, so don't drag yourself down by staring at the ground on your walking for weight loss quest. Cast your gaze forward, so your head is balanced on your neck and spine.
3. Take smaller steps
By keeping your body upright, you will be able to land with your feet directly underneath your body rather than this will help you to walk lightly. Take small steps and avoid overstriding to decrease joint stress.



4. Use your arms

Keep your elbows bent at 90 degrees, your wrists and hands neither floppy nor rigid and move your arms backwards and forwards slightly across your body. 'A strong-arm motion can burn 5-10% more calories' and add speed, which will again increase calorie burn. It's a handy hack to walking for weight loss, and one that people often let slip.

5. Use control

Take time to practise walking slower than you would normally, so you can be conscious of whether your footfall is light or heavy, whether your head feels poised on your neck and spine, and whether you can sense unnecessary tension in your arms, shoulders and back. This will all help your walking for weight loss advancement.

6. Nail your foot-strike technique

'Strike the ground heel first and roll through the step from the heel to the toe, pushing back off with your toe before striking the ground again heel first'. Again, this one will help prevent any injuries that could stop you achieving your walking for weight loss goal.

To get started, perform the following exercises 1-2 times a week.

	Week 1	Week 2	Week 3	Week 4
Normal Pace	10 Mins	15 Mins	20 Mins	10 Mins
Brisk Walk	-	-	-	10 Mins
Total Time	10 Mins	15 Mins	20 Mins	20 Mins