

CHALLENGE REWARDS

*Walking
to Health*





Walking To Health

A book that is written to motivate and move you!

DISCLAIMER:

This information is not presented by a medical practitioner and is for educational and informational purposes only.

The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

Introduction

What is all the fuss about walking exercise?

It starts with research.

Research shows on average it takes about 20 minutes to walk around 2,000 steps.

The number of steps will vary depending on your stride and speed, but one mile tends to be about 2,000 steps.

According to the U.S. Department of Health and Human Services, you should get at least 150 minutes of moderately intense physical activity like walking in per week.

Plenty of research shows doing so may help elevate your mood, help you feel more energetic and less fatigued, lowers risk of heart disease by 8% (according to research from the University of Leicester), reduce risk of premature death by 1/3, helps reduce risk of type 2 diabetes, reduce visceral fat in your body. Also, in a study by the National Academy of Sciences a daily walk can help improve spatial memory as well as lower the risk of dementia.

Helps you lose weight and trim off inches around the waist.

The key is to take in less calories than you burn off.

Walking exercise is the process of maintaining one's health. The goal is to build muscles at the same time protecting the joints.

Some people walk to health to lose weight while others walk to maintain health. Whatever the purpose may be walking exercise is ideal for everyone.

Still, when a person walks to fitness, they must decide what works best for them.

If you are in the mood to walk, yet feel you need more of a challenge go and check out the tiered levels of challenges available to you at [Challenge Rewards](#).

Also, check out the private Facebook page for Challenge Rewards' members only page to get up to date tips and inspiration to help you with your health.

Today, a lot of us sit behind a desk all day long keying in data. For this reason, we need to find ways to better our health.

The easiest and most rewarding exercise is walking exercise and it benefits everyone physically as well as sociologically. The best part is almost anyone can do it, requires little effort, and no equipment to get started.

How To Prepare Yourself For A Walk

Preparing for you walk is more important than you would think.

Walking without stretching can hinder your workout by reducing your energy and speed is advice given by Carolyn Appel, C.S.C.S. a New York City personal trainer.

“The main objective is to lengthen muscles that may have been stuck in shortened positions during stationary activities, like sitting or driving,” Appel says. “The greater your range of motion, the more unrestricted and energetic your walk will be.”

Here are 4 great stretching exercises to loosen up before exercise walking.

Stretch shoulders by standing with feet shoulder width apart and arms relaxed at your sides. Leaving arms relaxed, lift your shoulders up towards your ears. Do circles with your shoulders 10 time in one direction, then reverse direction.

Lower back stretch by standing with feet shoulder width apart and arms stretched out in front of you palms touching. Bend your right elbow and place on your right hip as you gently twist your upper body to the right. Bring your hands back together and repeat the process to the left. Repeat 10 times on each side.

Calf and shins stretch by holding on to the back of a chair for balance and stand on your toes then rock back to your heels lifting your toes up. Rock back and forth doing 10-foot rockers.

Stretch your hips by facing your feet facing forward. Hold onto a chair or wall for balance. Shift your weight onto one leg on the floor and raise the other side hip off floor and swing that leg forward and back to 10 times then repeat for other leg.

Now when your exercise walk is over. Here are 5 stretches to do to stretch and cool down.

To stretch your calves, put one leg in front of the other and bend the forward knee into a squat position and hold that pose for 30 seconds. You should feel the back leg's calf stretch. Hold onto a tree or chair if you have trouble with balancing. Now repeat with the other leg.

Stretch your quads. Stand near a chair, wall, or tree. With your right hand on the support object, grasp your left foot with your left hand, and bring your heel toward your buttocks. Keep your left knee pointing down, and you should feel a stretch in the front of your left thigh. Hold for 30 seconds, and then repeat with right leg bent. Do not overstretch and cause pain to the knee.

Hamstring stretching by extending one leg out by placing your heel on a slightly raised surface, like a stair or curb. Keep the spine straight, bend at the hip to bring the chest toward the thigh. Your other leg, not being stretched, will also bend slightly at the knee. Hold this stretch for 10 to 30 seconds. You should feel a gentle pull in the hamstring. Repeat for other hamstring.

To stretch your hips and gluts. Stand near a chair, wall, or tree. Cross your left ankle over your right thigh. Be sure it is your thigh and not your knee. Using the support, sit back until you feel a stretch in your left hip and glute. Keep your chest high. Hold for 30 seconds. Repeat with right ankle over left thigh.

Stand with your feet shoulder with apart. Clasp your hands behind your back, and roll your shoulders back and down, squeezing your shoulder blades. Gently lift your arms up slightly to feel a stretch in your chest and

shoulders. Don't lean forward or excessively arch your back. Hold for 30 seconds, and then relax.

Done!

Posture:

Your posture is important to practice when walking. Walking can cause injuries to the feet and back as well. Stand tall tucking your abs in to keep the lower back from arching as you walk. Taking quick and small steps are the best to start you programming out. The larger steps and faster pace will come along as you work your way into your new program.

Your arms should be bent at the elbow placing your hand to the center of your body. Keeping the elbows fixed in this position to make it easier to swing your arms as you walk to give your arms the exercise they need as well as your legs.

Walk using your back foot to push you along the way. As you pick up your feet have the back foot showing the sole behind you.

Now you have your shoes fitting well to your feet and your posture is right you can start your fitness program plan and goals. Have fun walking your way to fitness.

The Power of Walking Exercise Fueled With [Challenge Rewards Membership Site](#)

Since experts found that exercise walking is one of the best ways to reach fitness, Challenge Rewards (chalrewards.com)' membership site has found a new way to encourage people to walk exercise by making it fun, challenging at all levels, exciting, and a rewarding experience with you earning free products.

How It Works:

Join the [Challenge Rewards](#) membership program.

Browse through the member's only products store and pick out a few free items that you want. Add up the points you need to get these products with your points for free.

Then look at the point potential for the different challenges, the private Facebook page, and the referral program at [Challenge Rewards](#) to see the point potential of each program.

Next, set up you goal strategy to accumulate the points needed for the free products.

Check your members' dashboard often to stay on course, motivated, and accountable to reach you goals.

You will be amazed how quickly points add up to reach your goals and earn free products.

Browse the store weekly to see the new products that are added to see more goal motivating free products.

Exercise Walking To Good Health

When we walk, we work the muscles and joints. The joints require flexibility to assist us with lifting, standing, walking and so on. When the joints do not have this flexibility, it can cause inflammation and pain. Poor exercise can lead to arthritis, osteoarthritis, osteoporosis, gout arthritis and so on.

Walking exercise is the leading topic today and walking is continually surprising us on all the health benefits.

Did You Know Mile For Mile, Walking Has The Same Benefits Of Running?

There are different levels of challenges at [Challenge Rewards](#) that you can choose. The walking exercise app downloaded to a smartphone or smartwatch may include multi-counters that tell you how many steps you walked, time, how many calories spent, and how much fat you've burned while walking.

You can set up your own walking program on [Challenge Rewards](#) membership site downloading their app and earn free cloths, exercise gadgets, fashion apparel, and walking accessories on the site that can assist you with maintaining health.

You can also join a gym. Gyms sometimes include walking exercise programs and indoor tracks that guide you to good health. With your [Challenge Rewards](#) membership dashboard you can monitor progress.

In addition, one can ask friends and family members to join you in walking routines daily. This is a great socializing workout that helps acquaintances stay in contact with you while working to reduce weight.

Treadmills, smartwatches, and your smartphones are great walking exercise monitors. Use them to keep track of the time you walk. Plus, calories and fat calories burned are recorded on apps downloaded to these devices, which gives you the advantage of keeping track. You have distance monitors, which help you to keep track of the distance you walk. Heart rates monitors are your training zones, which promotes healthy hearts while walking. These

devices give you options. You can choose zones, which include aerobics, max fat burn, fat burn and so on.

Age groups are listed online to help you see where you need to be. For instance, if you are 80 years old, fat burn is 90, max fat burn is 103, and aerobics zones is 115. Maintain this level, you will stay healthy.

Walking helps to reduce pain from arthritis, rheumatoid arthritis, gouty and so on. Walking also helps you to reduce risks of heart attack, strokes, diabetes and more. Walking gives you many benefits, since it builds strong bones, muscles, and helps the joints to maintain suppleness.

Walking exercise is great, yet you should consider other exercises to help you take control of your health and weight. If you are overweight perhaps, you will enjoy cardio workouts, resistance routines, and strength training combined with walking exercise.

Pilate's workout is another great set of routines that help you lose weight and stay healthy. You have many options when it comes to health and fitness so why not consider walking to health along with building; the heart and blood flow to live a long, healthy life. Get walking down the road to fitness.

Walking Down The Road To Fitness

Good health means you cut back the risks of heart attacks, strokes, diabetes, high blood pressure and so on. When you cut back the risks, you can live a happier, healthier life. Move to happiness and health now by learning how to walk to health by joining the [Challenge Rewards](#) membership site.

How to walk to health:

The great thing about walking to health is you can walk each day in your neighborhood, walking around the blocks, in the neighborhood parks, shopping malls, around the house, and on the beach. When you walk outdoors, you get fresh air and Vitamin D from the sunrays. What a great way to walk to health.

How do I choose my scheme?

If you really want to walk, there is ways to do it. The real key here is to stick with a program once you start. The best, easiest, most exciting way to do that is the [Challenge Rewards](#) membership site the rewards you for sticking with it. Check them out at chalrewards.com.

Equipment For Safe Exercise Walking

You will find a variety of products that can assist you with walking exercise. Reflective wear for night walking, walking sticks to help with balance and upper body exercise, hats and sunglasses for sun protection, sunscreen, portable water bottles, and so on.

If you prefer you can purchase devices or use your smartphone that help you keep track of walking time, calories burned, fat burned and so on. Walking provides you many great benefits so consider products and the challenges you want and set your goals.

Make sure your shoes fit comfortably when you are walking. This will bring added success. If you have poor balance a pair of walking sticks or a walker can be used.

I have seen an older couple waking in the park together with matching walkers and thought, what sweet couple not letting anything stop them.

If you walk at dusk to dark you may want to get some reflectors so that the oncoming cars can see you, they are available for your cloths as well as your shoes.

Walking exercise is a top priority today, since millions of people are looking for safe ways to reduce heart disease, obesity, diabetes and so on. These diseases are claiming lives each day, so go ahead and do your walking exercise today to start getting healthy. Always talk to your doctor before starting any exercise program.

When walking to health make, sure you have the right equipment. Set goals on the [Challenge Rewards](#) membership site to earn free walking safety equipment products.

The safety equipment is to keep you safe. You want the proper equipment to protect you. When you are walking, you might trip. If you do not have proper equipment, the fall could cause serious injury. You can avoid falls however by purchasing comfortable fitting shoes for walking and use walking sticks to help with balance, walk with a cane, or walk with a walker.

Taking some water and having sunscreen is also important to bring on a long walk.

You don't want to wear anything that might make it hard for you to hear a car or a truck when crossing roads on walking on the side of a road with no sidewalks. Refrain from using headsets and be aware of your surroundings.

Exercising, a healthy diet, and meditation to reduce stress are great ways to stay healthy.

#1 Exercise Walking Program to Keep You Motivated
[Challenge Rewards](#) online site.

When walking to health, it is important to maintain consistency in your routine, so you don't have a stretch where you are not working your muscles, which can lead to injuries.

At [Challenge Rewards](#) the members earn reward points that vary through the different levels of walking challenges that are tracked through an exercise app keeping you accountable and downloaded to their device of choice.

With the rewards points they can purchase exercise and yoga equipment and accessories, fitness fashion apparel, e-Books on diets, meditation, memory, and stress relief, and more.

Members can also choose to purchase these with cash at a discounted retail price because of their membership status.

As a member, you compete against last month's results and work toward free products posted on your membership dashboard and have constant motivation to earn points for free products throughout the month.

Exercise and yoga equipment consists of at home gym type stuff like mats, resistance bands, weights, stretching assists, agility drills, and more.

Fitness fashion apparel consists of shirts, pants, compression items, shoes, polarized glasses, smartwatches and more.

Walking accessories like walking sticks, sunglasses, smartwatches, hats, shoes, and more.

The E-Books consists of information on meditation, stress relief, diets, exercise, and spiritual help.

Meditation music, pictures, and videos are also presented to members through a private member's Facebook page.

The private Facebook group would also have the newest and best health information from doctors, experts, and members to interact on.

How To Get Started

Walking To Health Advice

Walking to health takes inspiration.

Most of us battle work, kids, household, responsibilities, and so on each day that walking exercise does not fit into our plans.

If you have a highly active job that requires that you walk, lift, and move each day perhaps walking exercise is not for you.

For the most of us however, we spend long hours sitting in front of computers keeping up with technology.

Since we all must find ways to improve our health, walking exercise is a very simple solution.

To make it even easier go to [Challenge Rewards](#) home page and sign up for one of the membership plans available.

Once signed up learn how to earn reward points to get the best user experience.

First, pick one of the many products on the e-commerce site that you are motivated to earn for and click on it to add to your dashboard for inspiration.

Then check back as you complete the reward point challenges to see how many more points needed to earn the product for free!

Below are the different challenges with reward points that you can earn:

- 1) [Challenge Rewards](#) Walking Challenge
- 2) [Challenge Rewards](#) Private Facebook Page
- 3) [Challenge Rewards](#) Referral Program
- 4) [Challenge Rewards](#) Birthday Gift

If you were, accustomed to being inactive, you want to start out at a slow

pace. Walk for around ten minutes each day until you feel you can increase your activity.

Work your way up to 4000 steps 10 days out of the month and start earning points for free products. Once you do that, try to reach the next walking challenge. Before you know it, you will be up to the 9000 steps 15 days in a month and in good health.

Do not push to do more than you can do. Most people give up workouts after pushing too hard and quit. You want to work with your body. Your body will tell you how much it can tolerate.

How Do I Build Energy To Walk?

Motivation is the key that unlocks the door to energy. When you are motivated, it will take you there and beyond. In the beginning, set goals.

You can easily do this by joining [Challenge Rewards](#) online membership site.

At [Challenge Rewards](#) the members earn reward points that vary though the different levels of walking challenges that are tracked through an exercise app downloaded to their device of choice.

With the rewards points they can purchase exercise and yoga equipment and accessories, fitness fashion apparel, e-Books on diets, meditation, memory, and stress relief, and more.

Members can also choose to purchase these with cash at a discounted retail price because of their membership status.

As a member, you compete against last months results and work toward free products posted on your membership dashboard and have constant motivation to earn points for purchases throughout the month.

Don't let rain, snow or poor weather get in your way. If the weather is bad, walk in a mall, a gym, or around the house. Making time for walking exercise will help to improve your health.

Making Time in Walking Exercise

When you make time for walking exercise, it helps you to maintain

motivation and energy. In most instances, you can walk around your neighborhood, as you reach your goals in walking exercise.

Once you set up your walking exercise schedule, you want to make time to uphold your schedule. For instance, if you can walk each morning at 8 a.m. then set your schedule at this time. Each day execute your plans so that you reach your goals.

How Do I Start A Schedule?

There are some people who can work on a spontaneous schedule. Others need a set time. You may also need to consider your work, family and so on. Find time for you during the day to walk to health. If you need to, walk a few minutes in the morning and another few minutes in the evening. If you are walking, any schedule will benefit you.

How Do I Lose Weight Faster?

Increasing your pace, distance, and the number of walks in the month will help to increase weight loss. Also, it is very important to take in less calories than you consume. In other words, don't eat more because you are exercise walking. Choose a diet plan and stick to it. I like the Keto diet, but all diets will work if you stick to them.

Read the labels of the food products you buy to reduce the number of added sugars in your diet. Watch out for hidden sugars like sugar alcohol, dextrose, fructose, galactose, glucose, lactose, maltose, sucrose and more.

Stay away from artificial sweeteners too. There's no question that low-calorie sweeteners provide a sugary flavor without the calories of sugar. But the latest evidence suggests that might not lead to a positive effect on weight or your health.

Latest research shows taking a short 10-minute walk 5 minutes after you eat can help lower your blood sugar levels and thus may help to lose weight.

Proper Shoes In Walking Exercise

What you wear influences the time spend walking. For instance, wearing uncomfortable shoes while walking, you will not feel like walking. If something is causing pain, the first thing your mind will say, “I don’t want to do this anymore.” You can turn this around by considering proper shoes while walking to health.

How to choose shoes:

Footwear today gives you many options. Today we have shoes to fit wide-feet, narrow feet, long, short, and so on. No matter what foot type you have you will find shoes for you.

How do I consider what type of shoe is right for me?

Consider your foot type. If you have conditions that cause pain, consider this also. Walking shoes should be cushion-filled and comfortable. The shoes should offer you good arch support. Some of the better type of shoes to consider if you are new to working out or walking is the trainer shoes. If you cannot find shoes that offer you the cushion you desire, consider arch cushioned arch supports.

How to put those feet to walking?

You can walk indoors or outdoors, around the neighborhood or in a park, on the beach or on a hiking trail, there are so many choices.

Most modern gyms have everything you need to work out, including indoor tracks.

Most gyms are designed to let you work out when you want at your own time. It is a good way to get in shape.

Walk with a family member, friend, neighbor, or work associate for motivation.

What Are Some of The Products Used In Walking Exercise?

There are many products to choose from today. The key is to pick the ones that you feel good about, that may keep you safe, or help with your walk.

Sunglasses, walking sticks, sunscreen, water bottles, hats, shoes, smartwatches, smartphones, flashlight, reflective wear or accessories, bear spray, and more.

Sunglasses protect eyes, walking sticks help maintain balance, sunscreen to prevent sunburns, water bottles to keep hydrated, hats for shade, comfortable shoes to prevent pain, smartwatches to monitor your walk, smartphones to monitor your walk and phone in case of an emergency, flashlight for vision at night, reflective wear or accessories for nighttime visibility, bear spray to protection from human or animal attacks, and so on.

Skiing in Walking Exercise

We all need exercise involved in our daily activities to help us maintain our good health and prevent many different diseases.

There is no equipment required other than using your legs and feet. Walking exercise is all-natural fitness. Some people may need extra equipment to help them walk especially as we get older, and our balance is a little off.

Trying skiing walking exercise, skiing in walking exercise is that same thing as walking exercise only you use ski poles to help hold up your balance. These poles can be used when hiking in the woods to help prevent you from falling. They are used just like when skiing only you have no skis on.

You use the poles to help balance yourself instead of a person, giving you more independence and lets you have more control of your life.

Ski walking can be a benefit to many people from young to old. They are adjusted to the person's height and durable, so they won't bend in the middle. The younger generation can use them when they are hiking in the woods and hills by supporting them from falling and being injured.

Like any walking exercise program, you need to remember the warm and cool down times. Warming up before starting any exercising program helps to prevent you from injuring yourself by twisting your ankle for one. Just remember when using ski poles, you need to make sure you include the arms in your warmups by using range of motion in large circles to keep them from getting sore as well as the legs. Plan to warm up for 5 or 10 minutes before you start your ski adventure down the road.

Cooling down is still important too because you've been using your legs and arms, you've increased your heart rate along with increasing your blood pressure. Slowly start your cool down during your walk by slowing down your pace to a slow pace before doing your stretches. Take at least five or ten minutes to cool down.

Ski walking exercise is known to burn 40% more calories using these poles than without. Using ski poles will help reduce knee and joint strain. The neck, back, and shoulders will loosen and strengthen naturally when ski walking. The oxygen level is known to increase by 21% and energy level has increased by 46% just by using the ski method for walking exercise.

Ski walking is known for controlling your posture while walking too. By using the poles, you'll be able to put a little more bounce into your walk with the strain.

The support of the poles will help keep your back and spine straighter and more comfortable while walking.

Ski walking is being used by professionals too, it may look funny walking down the street with ski poles, but the results are the most important part to becoming a healthier person. Ski pro's use ski walking as they're off-season exercise to stay in shape for the upcoming ski season. Ski walking is for everyone. It is a great way to firm the arms, while walking to health. You will have strong legs also when you ski in walking to health.

Get healthy and stay healthy by ski walking exercise.

Assistive Listening Tools:

Some of us have a hard time hearing. Sometime background noise causes us to feel confused and irritated. Assistive Listening tools are devices that assist us with focusing on one object or person at a time. These tools with hearing aids can enhance observation, focus and so on. When our hearing is impaired, it affects our observation, which puts us in danger.

Hiking in the wilderness, on trails or similar types of walks should consider lighting, day sacks, compass, map, food, drinks, first aid, whistle and other items that protect them.

Trail walkers and hikers should take along waterproof clothing, including warm clothing to protect them in harsh weather. Let's face it, the weatherman has proven that man can't always predict weather. You should carry supportive shoes or boots also. Carry hat, mittens, or gloves to keep warm in harsh weather.

What Are Things You Should Consider When Night Walking?

Tripping hazards such as cracks in the sidewalk, rocks, black ice as temperatures drop, and dips in the walking path.

Bring a phone to call in case of an emergency like a fall, getting lost, or change in the weather.

Reflexive accessories so traffic can easily see you.

Bear spray in case of an attack by prowlers, criminals, a dog, or some other animal.

Walking with someone or in a group. Remember at night there is safety in numbers.

You can join a team of walkers if you feel you cannot adhere to your own plans. Joining team will inspire you, since you will feel a need to keep up. In most teams you have beginners, moderate and advanced walkers. Start in the beginner's program and work to moderate, especially if you are not used to exercise. Overexerting your body will only wear you down. Overexertion is the common reason why most people cease exercise and walking to health.

You want to keep in mind that we all are subject to accidents, incidents, violence, and falls. Staying safe is the key to walking to successful fitness.

If you decide that you can walk on your own, move in slow and work up to brisk walks. Brisk walks are great for reducing adverse health conditions or potentials, such as heart disease. One of the top killers in American is the well-known heart attack or strokes. Brisk walks will shrink your chance of heart attack up to 50%. In addition, brisk walks will reduce the risks of diabetes, strokes, high cholesterol, high blood pressure and so on.

Where do I walk if I intend to walk to health alone?

You have many choices, which include trail walks. Trail walks are therapeutic since it puts you in touch with nature.

The park can be very calming since it too puts you in front of nature. It is always nice to walk where wildlife roams and beautiful scenery surrounds the environment.

You can also walk to the grocery store, walk to a distance friend's house, or walk to your local stores. If you are a beginning walker, walk a few blocks to the store and pick up some fresh fruit instead of driving.

Walk during sunny days so you will not only enjoy nature you will also enjoy the benefits of getting Vitamin D from the sun.

Walking exercise is a hot topic nowadays while our country is battling obesity, heart disease, strokes, diabetes, arthritis and much more. Get started in your walking exercise program today. Fatigue is eliminated when you walk to health and are supported by [Challenge Rewards](#).

Fatigue And Walking Exercise

More than 20% of the United States American Citizens suffer from sleep disorders. One of the leading causes is lack of exercise, poor habits, and improper diets.

For this reason, walking exercise programs are opening the doors and encouraging you to walk to health. Walking exercise reduces stress, which is one of the leading causes why people battle sleeping disorders.

When you do not have proper rest, it causes the mind to feel confused. Your observation, senses, and so on are affected.

As we grow older, our sleep patterns change as well as our health. You can do something now to slow this process. Walking exercise is a great way to slow the aging progression.

Physiology conditions:

Sleep disorder affects the overall health. Stress is the cause behind lack of sleep that leads to major medical and mental illnesses. You can stop the pain, snoring, restless leg syndrome, and more by walking to health today.

When you feel depressed the body and mind is deprived of activities, socializing, nutrition, and so on. Avoid depriving your body and mind by walking to health.

How Does Hiking Help You?

Some places that you might want to walk are up to you. However, there are good paths to walk if you are tired of walking down the same street.

Why not try some hiking or even trail walking?

This is good for you. Walking along trails makes one appreciate the great outdoors. As you move along, enjoy wildlife, scenery and more. Enjoy nature, put aside stress, and improve your health. Instead of dwelling on the negative, put positive in action. The wooded areas often have beautiful pathways to enjoy.

Most cities have walking trails that people use all the time.

How to find trails to walk:

If you are not able to find a trail in your town that you know of, you can always talk to someone at the city hall or even maybe go to your local library. They might know of some trails that you can walk. Try searching online for the most updated information.

Should I consider safety when walking to health down trails?

Yes, you should consider safety. Most parks or trails are safe to walk since it is run by the city. Still need to be careful when walking down trails. Trails often have wildlife, including snakes or other dangerous wildlife critters. Keep in mind however that most snakes will not harm you unless you make them feel threaten. Still, you want to consider safety to avoid problems. Bring along some bear spray in case you are threatened by a bear, coyote, wolf, or dog.

How to choose equipment for trail walking:

Walking sticks should be considered. The sticks are designed to protect you against potential dangers imposed by wildlife, such as snakes, uneven surfaces, and tipping hazards.

You might want to wear hiking shoes or a comfortable pair of hiking boots. Wear something thicker than tennis shoes. If you step on a sharp object, it will protect your feet. If something was to bite you, such as a snake there will be added protection.

A hat to keep the hot sun off your head is a good ideal. The hat will help to stop possible heat stroke.

Use some sunscreen if you are planning being out in the sun too long.

Walking the trails are good source of getting vitamin D, which you get from the sunrays. We all need vitamin D to keep us strong and healthy.

Inspiration In Walking Exercise

If you keep track of your walking exercise program, it will inspire you to continue reaching for your goals. Each step you track can inspire to reach for higher goals.

Goal categories for a step app, for example the [Challenge Rewards](#) tiered challenges, are 4,000, 7,500 and 9,000 steps and tiered times per month are 10, 13, and 15 days.

With [Challenge Rewards](#) membership site, you are also rewarded points for accomplishing your goals, which in turn, can be used to earn free products.

Here how the point system is set up:

If you set your goal category for a month at 4,000 steps, here are your rewards.

50 points for reaching 4,000 steps for 10 days in one month.
100 points for reaching 4,000 steps for 13 days in one month.
150 points for reaching 4,000 steps for 15 days in one month.

If you set your goal category for a month at 7,500 steps, here are your rewards.

100 points for reaching 7,500 steps for 10 days in one month.
200 points for reaching 7,500 steps for 13 days in one month.
300 points for reaching 7,500 steps for 15 days in one month.

If you set your goal category for a month at 9,000 steps, here are your rewards.

200 points for reaching 9,000 steps for 10 days in one month.
300 points for reaching 9,000 steps for 13 days in one month.
400 points for reaching 9,000 steps for 15 days in one month.

Each month members will be able to advance up to the next category group level as they excel or drop down to a lower level to be more competitive.

The key is motivation.

Most people have trouble sticking to a regular exercise routine because they get bored and don't see measurable results day to day.

By being able to see your dashboard day to day, measurable results can be monitored as you approach the challenge goals each month.

You have a complete aerobic workout program in your walking exercise throughout the month. Keep records of your blood pressure, heart rate and so on. Use the metrics to monitor your health. You will find even more inspiration from your walking exercise program as your health improves.

How to set goals:

Setting goals is easy for some of us, yet others find it difficult to set goals and uphold to its structure. To set goals that work for you. The best way is to start is with easy goals which motivates you to complete the challenges and then push on to the next challenge.

[Challenge Rewards](#) private Facebook group is a great place to discuss progress, complain about hiccups, and explore new ideas within the group as to what is working, and so on.

Walk with family, friends, or neighbors to have more motivation to stick to a schedule.

Losing Pounds in Walking Exercise

When exercise walking to lose weight set goals that work. That means goals and plans that you can accomplish and are reasonable.

Walking is found to be better for you then running. These days you see everyone walking instead of running, since the world has realized they can burn more calories, including fat calories by briskly walking. Some people speed walk, which is a brisk walk that works the muscles, toning them while the walker burns calories.

How would I start to walk to health?

When you want to start walking set goals. A goal is an important part of any exercise program. That is why I recommend signing up at the Challenge Rewards (chalrewards.com) membership site. Here you set goals with tiered challenges and then are motivated by earning free products when completing your challenges.

Things you should know:

Understand that overdoing it could discourage you. Instead of trying to walk a marathon at first, walk slow as you normally would. Slowly work into a brisk walk. Overdoing it can also cause damage. You may pull muscles, which causes serious pain. The pain may discourage you from wanting to walk again, so take it nice and slow.

Where you walk is important when first starting out. Try to find a somewhat level walking area. Then, as you gain strength and endurance, start walking up hills, on trails, or hiking. This will help you to burn calories faster, which means you'll be able to reach your goals sooner.

Hanging out and walking exercise:

Instead of hanging out with your family and friends, on some days make it a walk day. Ask your family and friends to join you. Walking in pairs or groups is a great way to keep walking to health.

Driving to fitness:

Instead of driving to pick up lunch, take a walk there. Park further away from your workplace to pick up more steps. Take stairs instead of the elevator. Most of us at work will call or send the E-mail to our partners. Instead of conducting and promoting laziness, get up, walk to your partners desk, and hand him or her the files.

Children and pets:

If you take your children or pets on walks take care not to overload them. Children and pets tire out quicker than adults in most instances. Walk a short distance and plan the same goal each day if you intend to take your pets and children on walks.

Walking Exercise For The Mind

Walking exercise is great for the mental and spiritual mind. Walking helps, the mind and brain by increasing the blood flow to it.

The blood flow to your brain improves your mood swings and helps to keep depression from setting in.

Walking will help to keep your mind stronger. It is a known fact that walking and exercise will help to keep your brain in a more positive state. The brain will concentrate and be less distractible when walking is done on a regular basis.

Depression and Anxiety can be lessened from walking as well. Walking and exercising the body and brain brings up the mood enhancers. Working like an anti-depressant drug works to help relieve the depression and the everyday stress that we all go through.

When involved with a group of people walking together it enhances the mind by the socializing with others. As your body image changes and your self-confidence start to rise in yourself, walking helps you to maintain the positive things going around and the worrying will start to let up.

Staying active is the key to help relieve stress, depression, and anxiety. What a great way to walk to health. People with depression and anxiety sometimes don't like to walk and exercise. With encouragement from a motivational site like [Challenge Rewards](#), they can make a few changes in their lives and do some gardening, household chores to keep active with until they are feeling better and want to be involved with the world around them.

Have you ever heard of taking a Mind Walk?

Mind Walking is to train yourself to meditate by focusing on something. Try focusing on the sounds around you. This will help strengthen the mind and relax you at the same time.

Mind Walking is good for problem solving too. Have a problem and not sure what to do about it? Ask yourself 3 questions about the problem changing

each one as you ask them. By making, the changes to the questions will sometimes help you come up with a solution for it.

We all know that walking is good for our bodies, mind and brain and our health too. Nevertheless, it is easy to avoid doing it every day.

The key to walking exercise for the mind is to stay active and let your mind think positive things to be happy. When you have positive influences around, it is a great way to keep a positive mind also.

Walking Exercise For Diabetes

An innovative exercise science study was conducted at the Clinical Exercise Physiology Laboratory at the George Washington University School of Public Health and Health Services using whole room calorimeters. Loretta DiPietro, Ph.D., chair of the Department of Exercise Science, led the study.

Research showed taking a short 10-minute walk 5 minutes after you eat can help lower your blood sugar levels.

Many people today are finding out that they are pre-diabetic or have type 2 diabetes.

Finding this out isn't a death sentence, instead it is a warning that you need to take better care of yourself by watching your diet and getting plenty of exercise to help control it. Most importantly, you need to listen to your doctor and let him know what life changing steps you are taking and follow his medical advice.

Does your doctor tell you to lose 20 pounds and it will help to control your sugar level?

Listen to the doctor and start working on your diet and activities. Listening to your doctor is important because diabetes isn't something you want to ignore.

Walking exercise is the best activity a diabetic can do. Walking will help to keep the blood flowing freely throughout your legs keeping the circulation moving in them. Your bones need to stay strong, and walking will improve the strength as well as keep the blood circulation flowing.

When starting any new physical activity consult your doctor to make sure he approves first. Walking is something you don't want to jump into and expect to walk 5 miles a day right from the beginning. Take it slow and walk everyday a little bit further as it starts to get easier. You might find that walking just a short distance the first week is all you can handle. On the second week, walk a little bit further until you have met your goal.

Try to keep a steady pace up as you walk starting it to at a slow pace and increasing as you go. The steady pace is good for the heart and to help you burn more calories. Burning those nasty calories is going to help you lose the weight that doctor said to lose as well as help the blood circulation in your feet and legs flowing.

If you find it is too hard for you go walk a lot or be outside you can be active in other ways. When you go to the store don't park right next to the door, find a place at the end of the parking lot, and walk a little way. Do you know that if you walk around your coffee table just during the commercials you can get in 10 min of walking in one hour?

Walking alone will help you lose weight, but you still need to keep an eye on the diet. Diet is very important when trying to lose weight and being a diabetic, you need to change your eating style to keep the sugar level down. By changing your diet to preserve the blood sugar level, you will lose weight at the same time.

Walking exercise is good for all of us.

Start a walking plan with your neighbor or a friend that you like spending time with. As well as getting fit, you can socialize, and it makes the time go faster too. Join the [Challenge Rewards](#) membership site together and set goals to earn free products, making it fun as well as motivating.

In Conclusion

It is amazing that something we have been doing since we were toddlers can be so healthy for us.

But researchers are finding more and more just how healthy it is every day.

When or if you decide to walk to health, set yourself up for success and join the [Challenge Rewards](#) membership site. Here motivation and accountability you can clearly see is on your dashboard.

This is the key to any exercise program.

Good luck with walking to your health.