



BELLAIRE IS FRESH AIR: WALK BELLAIRE & WALK THE IRON BELLE TRAIL (VIRTUALLY)

Name: _____

WALKING OR HIKING IS A GREAT WAY TO GET FIT WHILE SPENDING TIME IN NATURE.

AIM TO DO AT LEAST 30 MINUTES OF WALKING 5 DAYS A WEEK.

SAFETY FIRST:

IF YOU HAVE A CHRONIC DISEASE OR SIGNS/SYMPTOMS OF CHRONIC DISEASE, SEEK MEDICAL CLEARANCE BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM

CHECK ONE OF THE FOLLOWING TO DETERMINE YOUR WALKING PLAN:

I CAN'T WALK FOR 30 MINUTES WITHOUT STOPPING.

BEGINNER

WALK AT A PACE THAT INCREASES BREATHING AND HEART RATE FOR AT LEAST 10 MINUTES.

INCREASE DURATION EVERY 1-2 WALKS BY 2 MINUTES AT THIS PACE.

WORK UP TO WALKING 30 MINUTES WITHOUT STOPPING.

PROCEED TO INTERMEDIATE PLAN WHEN READY FOR MORE CHALLENGE.

I CAN WALK CONTINUOUSLY FOR 30 MINUTES AT A SLOW PACE.

INTERMEDIATE

WALK AT A PACE THAT INCREASES BREATHING AND HEART RATE FOR 30 MINUTES.

INCREASE PACE BY 2 STEPS PER MINUTE EVERY 1 - 2 WALKS.

WORK UP TO WALKING 30 MINUTES WITHOUT STOPPING AT A MODERATE PACE (120 STEPS PER MINUTE).

PROCEED TO ADVANCED PLAN WHEN READY FOR MORE CHALLENGE.

I CAN WALK FOR 30 MINUTES AND AM LOOKING FOR A CHALLENGE.

ADVANCED

WALK AT A FAST PACE FOR 30 MINUTES.

WORK UP TO WALKING 30 MINUTES WITHOUT STOPPING AT A BRISK PACE (140 STEPS PER MINUTE).

INCREASE CHALLENGE BY HIKING ON HILLS OR OTHER INCLINES.

INCREASE CHALLENGE BY WALKING FOR MORE THAN 30 MINUTES.

VIRTUALLY WALK THE **IRON BELLE HIKING TRAIL** →

WHILE YOU WON'T ACUTALLY TRAVERSE THE **1,259 MILE TRAIL**, YOU WILL PROGRESS VIRTUALLY ABOUT 30 MILES ON THE MAP FOR EVERY DAY YOU WALK!

TO START:

- MARK AN "X" IN A CIRCLE FOR EACH DAY YOU WALK.
- YOU CAN PROGRESS 5 CIRCLES OR 150 VIRTUAL MILES EACH WEEK.
- RECORD YOUR TOTAL MINUTES WALKED AND TOTAL DAILY STEPS ON THE WALKING LOG - ON THE BACK OF THIS FLYER.



PLEASE RECORD YOUR DATA FOR 4-8 WEEKS AND

RETURN THIS FORM TO EITHER THE COMMISSION ON AGING OR THE BELLAIRE VILLAGE OFFICES!

TO GET STARTED:

- EVERY DAY – RECORD THE TOTAL DAILY STEPS IN THE RECTANGLE (WHETHER YOU WALK THAT DAY OR NOT).
- FOR EACH DAY YOU WALK – WRITE THE NUMBER OF MINUTES YOU WALKED IN THE CIRCLE.



WEEK 1:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 2:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 3:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 4:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 5:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 6:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 7:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WEEK 8:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



VILLAGE OF
BELLAIRE

EST. 1891



BELLAIRE IS FRESH AIR: WALK BELLAIRE & WALK THE IRON BELLE TRAIL (VIRTUALLY)

AVOID INJURY – WALK WITH SKILL

SKILLED FITNESS WALKING MEANS MOVING YOUR BODY IN A COMFORTABLE WAY. WALKING WITH POOR FORM CAN CAUSE DISCOMFORT, UNDUE FATIGUE, OR EVEN INJURY!

WALKING WITH GOOD FORM MEANS YOU CAN BREATHE EASIER AND AVOID BACK PAIN.

TALL BODY



- HOLD HEAD HIGH WITH EARS DIRECTLY ABOVE SHOULDERS
- MAINTAIN STRAIGHT BACK (DON'T LEAN FORWARD OR BACKWARD)
- KEEP CHIN LEVEL (DON'T JUT DOWN OR FORWARD)

ACTIVE ARMS



- RELAX ARMS (DON'T HUNCH)
- SWING ARMS WITH BENT ELBOWS
- HOLD HANDS NATURALLY (DON'T CLENCH FISTS)

LIGHT STEPS



- STRIKE SOFTLY ON HEEL
- PUSH OFF TOES
- MAINTAIN A NATURAL STRIDE LENGTH (A LONG STRIDE LENGTH CAN CAUSE INJURY)

PERFECT PACE



- INCREASE PACE BY TAKING QUICKER STEPS (DON'T TAKE LONGER STEPS)

CHOOSE PACE:

- BEGINNER (SLOW PACE) 100 STEPS/MINUTE OR SLOWE
- INTERMEDIATE (MODERATE PACE) 101-120 STEPS/MINUTE
- ADVANCED (BRISK PACE) 121-140 STEPS/MINUTE