Secrets of a Healthy Walker

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The Pain Relief Coach

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**People often need help when starting a new adventure in their lives. Go to [http://WalkingSmart.com/main.html](http://WalkingSmart.com/main.html) for outstanding information, tips and help.**
Why Should You Walk?

I’d like to tell you about my friend, Rosalie.

Rosalie has some health challenges including diabetes. After long years sitting at a desk and on the couch and at the table and getting very little movement, her hips hurt. They hurt so badly that she could barely walk. She crawled up the stairs on all fours.

She used her diabetes as an excuse not to exercise. Finally, my friend asked one of her doctors if she should start walking. He said, “Why, Rosalie, that would be the best thing for you.” That was NOT what she wanted to hear. She asked her other doctor and he also said, “Why, Rosalie, that would be the best thing for you.” Rats.

So she started walking, first only in the house and then in the yard. Now she walks faster than her grandson. She walks up stairs instead of crawling. She walks with Nordic poles, too. That means she walks fast! And, during a recent visit to the doctor, the neuropathy (numbness) in her feet was gone! And, her lung capacity has improved 100%!

Now, those are some benefits, right?

I’m a Neuromuscular Massage Therapist in real life and The Pain Relief Coach online. I help people understand why they have pain and how their body works. I have lots of tips, tricks and information about walking in comfort and without pain. And, I’m a walker, too. In fact, I started walking seriously when I realized that my knees weren’t working exactly as I wanted them to. (They’re great now!)

Rosalie and I have created a program together to help people who want to start walking and walk without pain. I’ll tell you about it later.

Walking is a proven exercise people of all ages can do. Walking is an activity that YOU can do anytime and anywhere. Let’s walk!

Kathryn Merrow, The Pain Relief Coach
You can get healthy by walking!

Taking care of your health can be as easy as taking a walk. It’s true!

People used to walk all the time, just to get where they wanted to go. Now, however, since the creation of the automobile and mass transportation, many people have forgotten the benefits of walking. We just don’t walk much anymore. 😊

As a result, adults and kids are now experiencing “The Sitting Disease”.

Lack of exercise that we used to get naturally causes disease and dysfunction. Now personal trainers and the medical profession are starting to tell their clients and patients to walk to gain healthy benefits.

There are helpful tips and “secrets” in this report to help you get back up, moving and walking so you can enjoy better health starting today.

Here are some of the things we’re going to talk about:

- Health walking
- How to stop sitting around
- Starting with strolling
- Sneaking walking into your life
- Protecting your feet from pain
- Walking and running shoes
- Getting emergency help when walking
- Walking and your brain

My sincere hope is that this report will inspire you to start your healthy walking program and gain all of the benefits of walking.
Health Walking

The doctor told you to start walking. Or, maybe you just know you should, as I did. I call this the “health walk.” If you do not take the doctor’s advice your medical condition may get worse.

In fact, lack of activity causes a lot of medical problems. The medical profession is telling us that we have to get up and move our bodies in order to stay and be healthy. Common sense says so, too.

You do not have to walk fast (although you may want to); you do not have to have any fancy equipment; you just need to get up, put one foot in front of the other foot and go for a walk to reap the health benefits.

Say this out loud: “I’m a healthy walker”. Tell this to yourself every day and it will help inspire you on those days when you want to sit or lay down instead of being physically active. You are walking to take care of your health. You are a health walker.

Your body was made to move and if you sit more than you move your body could slowly shut down. In fact, it does. We call this “the sitting disease” and it is extremely dangerous to your health.

Always keep your focus on improving your strength and endurance and over time you will get stronger and be able to walk farther. You really will! The “secret” is being consistent by walking every day.
If you are under medical treatment talk to your doctor before you start a walking program. If you start walking gradually, you will adapt comfortably and be able to take care of any little aches or pains that may occur before they become big aches and pains.

1) Walk for only 5 minutes for the first few days.
2) If that feels okay, increase your time by 1 to 5 minutes and do this new time for the next few days.
3) By gradually increasing your time over a period of weeks, finally you will be able to walk for 30 minutes a day.

Since I’m a pain relief coach, I share lots of ways to avoid and get rid of the aches and pains and injuries that sometimes come from walking or that prevent people from walking in the Walking Smart program.

**How To Stop Sitting And Start Walking**

Sometimes your mind gets stuck so your body gets stuck. We develop habits in the way we move. We stopped moving as we did when we were little kids. That’s a lot of what causes old age, too, because we stopped using all of our muscles. We don’t swing anymore or run, skip, jump and hop. *Or walk.* Instead, we become inactive and sit a lot. 😞

Here’s what my friend, Rosalie said:

“I know if I’m not careful I will sit in front of my computer for hours writing. Instead of getting up and taking breaks to do something to balance my body I would close down my computer and go to bed for the night and wake up the next morning and do the identical work as
the day before. I was used to this work style; my brain was stuck in this behavior because for over 25 years I sat at my desk or in meetings all day long. After the work day was over I would drive home, eat dinner and sit to watch television or sit and read a book. These are some of the reasons we discover we have “The Sitting Disease” and are inviting serious medical problems to invade our bodies and our brain.”

Muscles get out of balance when we sit too much. We start to develop pain when we don’t move enough. We can develop arthritis and other medical problems. When your muscles get out of balance your neck and shoulders get tight and hurt.

How can you re-train your brain and get unstuck in your behavior? The answer is simple. Start out by doing five things:

1) Everyday say to yourself, “I am going to take a walk for my health.” And do it.
2) Create a schedule that involves taking a break every 60 minutes and moving your body for 10 minutes. March in place or stretch. Build movement breaks into your schedule.
3) As much as the weather permits, walk outside of your office or your home.
4) Purchase a pedometer to record your steps and write down the steps you have taken at the end of the day.
5) Wear your walking/running shoes when you take your break. If you are at an office, keep your walking shoes under your desk and slip into them.
6) Just keep reinforcing to yourself that you do things differently now. You are not a sitter anymore. You are a walker and you walk for your health.
Strolling

Many people who have had a sedentary lifestyle or who are older will start with nice, leisurely, slow strolling. Strolling is a great way to introduce walking into your life. It may be important to you to find a walking buddy, or a non-competitive walking group, when you are a beginner walker for these reasons:

- You have someone to talk with as you walk for companionship.
- It makes you feel safer in case something happens. There is someone to help you.
- A walking buddy can serve as your “cheerleader” giving you encouragement.
- It helps hold you accountable because you know your walking companion is going to be waiting for you to get up, get moving and go for a walk with them.

By starting out with a stroll you will begin to build strength. You will find that each day you are able to walk a little farther than you did the day before. And, don’t be surprised if, over time, you pick up speed and want to try different types of walking. You will also relieve stress.

How to Sneak Walking into Your Busy Life

Some people start off with a great walking program and then come to a screeching halt, saying, “I’m too busy”. You need to be flexible. If you cannot walk at 10:00 am, as you have planned, then you can walk at 10:00 pm (or any other time). If you have a busy schedule, then
you need to know that it may not be the best choice to be too rigid with your walking schedule.

You won’t fit exercise into your busy schedule if you don’t enjoy the activity. *That’s why walking is so good.* There are many different types of walking. I’ll tell you about 22 types. At least one of them is sure to be enjoyable for you.

Whenever the time opens up for exercise, recognize and jump on it.

For example, this is what Rosalie did: “I would drive my grandson to his piano lessons every Wednesday and walk up to the second floor and sit for a half hour until he finished. One day it dawned on me I could walk the neighborhood for 15 minutes, turn around and walk 15 minutes back to pick him up. I just put in 30 minutes of walking instead of sitting and waiting.”

Look for exercise or activity that you can do anywhere at any time. And if you feel that you are losing your motivation, try cross-training. Doing a variety of different exercises or types of walking may be just what you need to keep the spice in your life!

It is important to understand that your walking level and goals should match your abilities to achieve your objectives. When your motivation weakens it is because you are on the wrong track.

**Walking and Running Shoes: Forget Your Shoe Size**

Your feet are the foundation of your body and proper balance is critical to success when walking and running. Ill-fitting shoes can result in
decreased performance and a reluctance to continue walking. Properly fitted shoes can help you to:

- Reduce the risk of injury
- Reduce fatigue
- Enhance endurance
- Improve and establish stability
- Enhance walking mechanics or gait
- Decrease the amount of energy used so you can walk longer

It takes effort to find the properly fitted shoe. Normally, one foot is a little longer or a little wider than the other and this could cause a problem in fitting both feet correctly. You are encouraged to wear your shoes inside your home for several hours before you wear them outside in case they cause any discomfort (so you can return them.)

People tend to think about sport shoes fitting well, however, your everyday work shoes and dress-up shoes need to fit properly as well.

We get stuck on what size we wear. We need to forget the size and work hard to get the proper fit. Just because you wore a size 8 at one time doesn’t mean you still wear a size 8. A rheumatology doctor said she had “cured” many cases of foot pain by telling her patients, “Well, you don’t wear a size 8 now—you wear a size 11!”

The same doctor advised women to buy men’s athletic shoes because they have a wider toe box which prevents squashed toes. Socks need to fit well, too.
The video interview of a running shoe store manager is included with the Walking Smart program. He explains how to make sure your shoes fit and tells why running shoes may work better for you than walking shoes.

Identifying Yourself for Emergency Help While Walking and Exercising

Do you like to venture to new walking places? Do you have a medical condition that strangers need to know in case you need help? Do you sometimes walk alone? It’s a great idea to carry 3” x 5” index card with your information written down in case of an emergency. What information do you need to write down? Here are a few suggestions:

- **Your name**
  Whoever finds you will have the ability to call you by your name and hopefully ask you questions, keep you conscious, etc.

- **Your City and State**
  Your rescuer will know if you are a visitor to the area immediately.

- **Your Home Phone**
  In case you cannot communicate with them, they can call your home immediately and talk with a family member.
• **A primary contact person name and telephone number**
  Give the first name of your primary contact person and telephone number.

• **A secondary contact person name and telephone number**
  In case your primary person is not available.

• **A favorite short quote** that your contact person knows so he will know for sure it is you who needs help.

If you put this information on a 3” x 5” card, you need to have it visible so people can find it easily. Here is another idea you may want to consider. You can put all of this information on a shoe pouch, your wrist or your ankle and wear it whenever you are on the go when you exercise, shop, take a walk or drive your car.

**Did you know that people sleep better when they take a daily walk?**

**How Walking Stimulates Your Brain**

We all have known people **who pace around their office or home** when they are stressed or have a decision to make. They walk back and forth, usually in a small area, or around in circles. This is one of
the best mental boosters and often problems are solved. Even small spurts of walking like this can increase your brain’s ability to make decisions, solve problems and focus on a solution.

When a person takes their “pacing” outdoors in the fresh air and the sunshine and walks, even for 15 minutes, they get even more benefits. The brain perks continue long after you cool down from walking. What happens to your brain when you walk? The aerobic activity releases “feel good” hormones in your body that relieve pain and create a sense of well-being (like runners get) and can produce relief from sadness, depression or anxiety. Your circulation increases, too.

Walking reduces stress, clears the brain, taps into creativity, helps you think of new ideas and solve problems.

When you feel overwhelmed, go outside, breathe in the fresh air and let the sunshine fall on your skin and walk.

Closing Words from Kathryn

The really cool thing about walking is that you can start wherever you are. The only “special equipment” you need is your feet and a pair of comfortable shoes.

Walking is a whole body sport. It involves your arms and your spine and every other part of your body. You were built to walk.

I’d love you to have my wonderful program which covers everything you need to know to walk pain-free. When Rosalie and I talk in the teleseminars, we don’t always agree on everything and that’s what
makes Walking Smart even more valuable. You get two viewpoints as well as valuable advice from a podiatrist and personal trainer.

I hope you will take advantage of this opportunity to improve your health. You can feel better, look better, function better, get fit, improve your heart health, lose weight, gain muscle, grow older more gracefully, have more fun, do more things you enjoy, improve your lung capacity and all kinds of other good things simply by walking.

Don’t let “The Sitting Disease” rob the pleasure from your life. Start walking smart today. Just check it out. I’ll bet you’re gonna love it!

Warmest regards,

Kathryn Merrow – The Pain Relief Coach

http://WalkingSmart.com/main.html