



How far should you walk

At the beginning, distance is not important; what is important is the time you dedicate to walking. The speed can be extremely variable. Your goal should be thirty minutes (30 min) per day, at least three times per week; it is the minimum amount of time that is needed for good cardiovascular health and to burn excess calories.

Chose your itinerary before you start to walk. Check the time when you start, then walk to complete half of the time that was set for walking that day, then turn around and head back. If you are using a pedometer, you can start with 5,000 steps and increase to 10,000 steps per day, which is the ideal goal.



At what speed must I walk?

The rule is to follow a slow and regular pace. It is true however that if you walk faster you will burn more calories; a longer walk with a stable rhythm is more efficient than a brief and rapid walk.

Whenever you perform some types of activities your body will burn calories at a much faster rate than in a resting position, therefore every time you pause during walking, the rhythm at which calories are burned is interrupted. Continue to advance; do not stop to gaze into the windows of the stores or at the birds flying above. Choose a pace that is comfortable; never choose a pace so vigorous that it becomes difficult to hold a conversation.

Where to walk?

The ideal place to walk is outdoors. If there are atmospheric or temperature issues, choose what is most appropriate for you .

The most common locations are: parks, malls, athletic fields, market place, or golf courses among others.

“Inactivity is a fruitful cause of disease.” The Ministry of Healing 238

Other alternatives to keep moving

1. Swimming
2. Biking
3. Jogging
4. Aerobic exercises
5. Rhythmic dancing
6. Climbing stairs
7. Any other sport of your choice



Please consult your doctor before engaging in any other form of exercise.

No matter what sport you choose, always remember to drink plenty of water to maintain the body hydrated.



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LET'S MOVE TO LIVE



Moving our body is healthy and we should do it on a regular basis. It is never too late to begin.

LET'S MOVE TO LIVE

LET'S MOVE TO OBTAIN A PHYSICAL, MENTAL AND SPIRITUAL TRANSFORMATION

The World Health Organization defines physical activity as any body movement produced by the skeletal muscles, and consumes energy. These include the activities that are performed at work, at play, travelling, domestic task and other recreational activities.

Hundreds of studies done for over fifty years indicates that regular exercise reduces the risk of developing some of the diseases that are affecting the world's population such as diabetes, coronary disease, cerebrovascular accidents and some forms of cancer.

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A good beginning:

All new beginnings can be uncomfortable and even difficult and this is no exception. If you are not exercising on a regular basis, this is the best time to start. It is recommended that before starting any exercise program you consult with your doctor. However, please remember that the greatest risk is to NOT do any exercise.

MAKE A COMMITMENT WITH YOURSELF TO EXERCISE REGULARLY. YOU MUST BE PATIENT AND WORK HARD, BUT I ASSURE YOU THAT IT WILL PROVIDE GREAT PHYSICAL AND MENTAL REWARD.

In the month of February of the year 2010, the first lady of the United States of North America began an exercise program to prevent obesity in children.

The Seventh Day Adventist church has had the counsels of E.G. White regarding the importance of exercise for more than 100 years.

Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. The Ministry of Healing 238



To help facilitate "Let's Move to Live" we have chosen the ideal exercise: Walking

- It is easy to implement
- It does not require any additional equipment
- It does not require special locations.
- It is safe and does not present any risk of injuries.
- It can be done all year round.

Some of the advantages:

- It relieves symptoms of depression.
- It helps blood circulation.
- It controls blood pressure.
- It regulates the metabolism.
- It strengthens and tones the muscles.
- It uses more muscles than any other exercise.
- It relieves stress and anxiety.

As your skills with this exercise develop, you can add other exercise modules:

Clothing and equipment:

- Choice of comfortable clothing should depend on the climate.
- According to the climate, cotton or wool fabric can be chosen
- Cotton fabric is lighter and is ideal for this activity. Some people prefer micro fiber (licra), and this is also acceptable.
- Trousers should be loose and comfortable. They can be short or long depending of the climate.
- Cotton socks.
- It is recommended that both men and women do not use leather shoes with heels. Use the most comfortable sport shoes available to you.

How to start an exercise program



When to walk

The time reserved for exercise is a subjective decision based on your daily routine. There is no "ideal" moment. Some researchers sustain that walking before breakfast burn more calories. Others indicate that exercising at the end of the day is more effective. Whenever possible chose the best time that works for you.