

**Walking tips for beginners:**

Walking is one of the easiest forms of exercise. All you need is a good pair of shoes, comfortable clothing, and the motivation to get moving. If you haven't been active for a year or more, are over age 65, pregnant, or have a medical condition, please check with your health care provider before you get started.

**What should I wear?**

Walking shoes are important. They should fit well, but leave enough room for your feet to expand while walking. Good walking shoes are flexible, they bend in the ball of the foot and you can twist the shoe from side to side. If it is stiff as a board, you need different shoes. Wearing sunscreen, sunglasses and a hat are also good additions to your walk during sunny weather.

**How far should I walk?**

Listen to your body. This is not a race. Start where you are on your personal journey to better health. Start out slowly. Just walk out your door and try walking for 10 minutes, and walk back. That's it? Yes, that's it. You don't have to walk the entire course we've mapped out. You can walk any portion of the course you choose. If your first attempt was easy for you, add five minutes to your walk next time and keep adding 5 minutes until you are walking as long as you want, or the entire course!

**What else should I know?**

Be sure to drink plenty of water before, during, and after walking. Incorporate a warm up, cool-down and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few light stretches along the way, then finish your walk. End your walk with the slower cool-down pace and stretch again after your walk. Stretching feels great and can help prevent injuries. If something hurts, stop. Don't walk through pain. Talk to your health care provider.

**Walking tips for advanced fitness levels:**

Both Nashville on the Move routes include an additional route for those wanting a more advanced course. If you're already exercising regularly and consider yourself to be at a more advanced fitness level, then try adding these challenges to the course of the walk:

- Power walking (for example: walk at a faster rate for 5 minutes, slow down for 5 minutes, and keep repeating the cycle)
- Add light hand weights
- Do wall push-ups (against a building)
- Walking lunges (every couple of blocks or every few minutes)
- Side squats or side steps (every couple of blocks or every few minutes)
- Repeat the course or consider walking both the North and South routes