

## What Should I Drink?

- When exercising for less than an hour drink water; 12 to 16 oz.
- When exercising for more than an hour drink PowerAde Zero, Propel, or have a piece of fruit like an orange or a mandarin .

## Why Should I Walk?

1. Increases Energy
2. Increases Metabolism
3. Weight Control
4. To Feel Better
5. Reduces Disease like Diabetes
6. Increases Duration of life
7. Lowers Blood Pressure
8. Prevent and Slows Arthritis

## Comments:

Hi, my name is Savannah Nobles. I am on the track team at the University of South Alabama my event is the hammer throw. Before I started participating in track I was a gymnast for 10 years at Planet Gymnastics. Right now I am working towards a degree in Health.



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## Aerobic Exercise



## Walking



## Safety Tips

- Always walk with an ADULT.
- Be safe and be seen: make yourself visible to drivers.
- Use the sidewalk.



- Wear proper clothing: Tennis shoes, T-shirt, Workout pants.

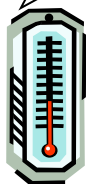


- The best weather for walking:

Humidity  
less than  
**50 %**



**66-85°**



## How Much Should I Do?

- To burn calories exercise for 30 minutes without stopping.
- To prevent diabetes exercise for 60 minutes without stopping.
- Anything in between these times is great!
- You should not be able to hold a conversation while walking, if you can, your walking too slow.

## Beginner

- Begin walking for 30 minutes at a time without stopping.
- Increase time by 5 minutes every week



## Intermediate

- Walk 1-2 miles briskly without stopping.
- You should not be able to talk because of the intensity.



## Advanced

- Walk or jog 2-4 miles briskly without stopping.
- Add hills to increase intensity.
- Walk in the woods.

