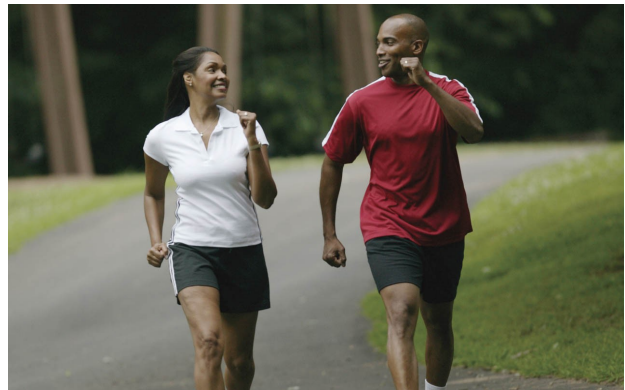


HEALTHY TIPS FOR WALKERS & RUNNERS

Nutrition Tips

- Before Walking: You will need some energy----- Eat a light breakfast and drink water or juice to get started; you should have a meal or snack that is balanced with carbohydrates, protein and water
- If you are eating within 1-2 hours before walking choose foods that are easily digested and will not cause you to have an upset stomach. Do not walk immediately after a big breakfast
- Easily digest snacks are: Low fat yogurt with fruit and water; ready to eat whole grain cold cereal with low fat milk
- Oatmeal with low fat milk and a piece of fruit and water
- While Walking: Some easy to carry snacks: Fruit, bag of baby carrots or snap peas or a granola bar
- After Walking: Fluids, carbohydrates and protein: salmon, chicken, vegetables or yogurt and granola.



Pre-walking Tips

- Please do not walk or run if you are sick: Fever, chills, headache, cough or any medical illnesses- we want this walk/run to be fun and safe for you and the team. Please stay home.
- If you have any chronic medical conditions such as: heart disease, diabetes, hypertension, obesity just to name a few, please check with your doctor first to make sure there are no restrictions
- All Covid 19 guidelines must be enforced - if you are walking with others don't forget to wear your mask and practice social distancing of

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6 feet or more. WE encourage you to wash your hands for 20 secs between all interactions. Please carry your own personal bottle of sanitizer if possible.

- If you have not walked for a long time. Please don't wait until the day of the event to walk 3 miles. Start walking a few weeks prior to the event maybe 20 minutes 3-5 days a week leading up to the event.
- The night before the walk you want to get a good night sleep at least 6-8 hours of rest. You want to be fully awake and aware of your surroundings. Remember to Pray and Thank God for the Day.



**The W.H.O.
Ministry cares
for YOU!**

Safety Walking Tips

- Before the walk, start with a warm- up activity- start slowly, do a few warm up exercises and stretches first. Stretching will reduce your chances of injuries- When you don't stretch it reduces your ability to move and your joints and muscles which can become strained or damages
- Pay attention to your heart rate and breathing. Walk at a pace that challenges you and elevates your heart rate, but don't overdo. You should be able to talk and carry on a conversation while you are exercising; if you can't, you may be working too hard.
- While you are walking use a steady pace, swing your arms freely and as straight as you can. Your feet should step in a rolling action from heel to the toe.
- Make sure your feet are comfortable, wear thick comfortable cotton socks. Comfortable and lightweight shoes with support. Please don't wear brand new shoes- your shoes should be broken in to prevent blisters and calluses.
- Check the weather; wear suitable warm, light clothing if it's cold outside and cool, comfortable clothes if it's warm/hot. Don't forget your sunscreen and hat if walking outside
- Hydration is important- it gives you lots of energy. Drink water before and after you walk. Make sure you take water with you on the walk especially in warm weather. You should drink about 64 oz of water per day (8 glasses of water)
Good hydration- cools your body down- your body does not become overheated, improves blood circulation, helps you too think better and prevent dehydration
- Cooling down- make sure you cool down after a long fast walk and do a few stretching exercises.