

# Walking as exercise

By Steven I. Subotnick, D.P.M., M.S.

The running craze has almost become a revolution in the United States. It's estimated that 30

million people now run or jog daily, but what about those who find running or jogging too stressful?

What about those who have tried jogging and gotten hurt?

What about those who only wish to do gentle exercises such as walking?

Walking is an excellent form of aerobic exercise. Aerobic means that you are increasing your body's ability to utilize oxygen.

Walking gently elevates your heart rate and increases the efficiency of your heart as a pump. It also increases your body's

ability to more efficiently utilize oxygen. The metabolism of your body is likewise made more efficient.

Who should walk? Everyone! Everyone should walk 30 minutes per day at a brisk pace, five days a week. You should not be out of breath when you're walking since this may over-stress your heart.

It's a good idea to do some gentle stretching exercises before and after you walk. Exercises which are helpful are those to stretch the muscles in the back of your leg. This can be easily accomplished by just leaning against the wall. I am often asked what type of shoes are best for walking. I find that the jogging shoes currently being used are excellent for

walking. Likewise, crepe-soled oxford type shoes are good for walking.

What about foot pain associated with walking? It is possible that with walking you can have pain anywhere in the foot.

Usually you will have this pain before you started your walking program, but the walking program may aggravate it. If this is the case, you should

see a podiatrist. A podiatrist may find an imbalance in the foot which needs some form of accommodation or correction. An orthotic foot device (custom made foot support) usually will take care of the problem.

Who should run? Those people who have been on a walking program for four to six weeks and have had absolutely no problems adapting to it, may

try gentle jogging. When you do gentle jogging you should shuffle, much like doing a fox trot, and not lift your knees too high.

I suggest jogging for about 10 minutes, walking for 10 minutes, jogging for another 10 minutes, and then walking for 10 minutes.

This should be done for two to three weeks before you attempt to jog a total of 30-40 minutes per day.

The more you jog or run, the more necessary it will be to use stretching exercises before and after you run.

Likewise, when you begin running, any mild to moderate imbalance you have in your foot may cause some form of stiffness or overuse injury and, if this is the case, a sports-oriented podiatrist will be able to balance your feet with some form of Sporthotic device.

The Langer Group, the world's foremost laboratory engaged in the manufacture of custom podiatric devices, publishes a free brochure, "When Your Feet Hurt, You Hurt All Over," which discusses foot problems in general and how they can be helped through biomechanical devices, such as Sporthotics.

To obtain this informative brochure, and a listing of qualified podiatrists in your area, write to: The Langer Group, Dept. M, 21 East Industry Court, Deer Park, NY 11729.

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For example, a large family might have need for double oven convenience to accommodate the preparation of large quantities of food. Apartment dwellers may need a smaller, free-standing model that can travel with them if they should move to another dwelling. For those who are building a new home or totally remodeling the kitchen, a built-in oven and cooktop might be the ideal selection. A variety of features, capacity and styling is available to suit every need.

Other important considerations before purchase should be the reputation of the manufacturer for quality and reliable after-the-sale service if it is ever needed.

## Inflation - Fighting IDEAS

### TIPS TO HELP YOU

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A free booklet entitled "Tax Deductible Moving Expenses" is available by writing to: Bette Malone Consumer Services Center, Dept. NAPS, United Van Lines, 1 United Drive, Fenton, Missouri 63026.

### Heart Stopper

KINGSTON, R.I.—More than 8,000 people a year drown in the U.S. Although intoxication and inability to swim are factors contributing to these deaths, in more than half of these drownings, the unrecognized killer is "hypothermia," caused by cold water, says Neil W. Ross, specialist with the University of Rhode Island marine service. Hypothermia is the lowering of the body's internal core temperature to a point at which the heart stops. It can occur in any water temperature below that of body temperature.

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