

Walking Safely

Watch for serious danger signs:



- Severe pain
- Pressure, tightness, or pain in your chest
- Nausea
- Difficulty with breathing
- Dizziness
- Severe trembling
- Light-headedness

Watch your exertion level:

(It is okay if you have to slow down)

- Cramps or stiches in your side
- Very red face
- Sudden paling or blanching of the skin
- Profuse sweating
- Extreme tiredness
- 2-Hour Pain Rule

Have a Successful Walk...

- Know your body's normal reaction to exercise
- Go to the bathroom before you start
- Drink enough liquids
- Plan for contingencies
- Pace yourself
- Women: it is okay to exercise while menstruating