



Northwell Health Walk Exercise Essentials Guide



Northwell
Health **Walk**

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Stretching and Strengthening

The Secrets to Successful Walking & Running

STRETCHING

- It will assist in your warm-up and cool-down phases
- It will also help prevent any increased discomfort associated with strenuous workouts
- The muscle groups requiring attention from walkers and runners are the Hamstrings, Calves, Hip Flexors, Iliotibial Band, Piriformis and Quadriceps

WARM-UP

- 5 – 10 minutes is a must
- Warm-ups can include a brisk walk or a few minutes on a bike
- Gradually build up your pace throughout this activity

STRENGTHENING

- Important part of any successful exercise program and must be worked on during off-season
- Workouts should involve cross-training and weight-lifting activities
- Training of the cardiovascular system via such activities as stair climbing and using elliptical machines

As with any exercise or sport program, be sure to visit your primary care physician for a complete checkup to find out if you are fit for strenuous activity.

For more information about the
**Northwell Health
Rehabilitation Network**, please call:
1 (888) Rehab-03

Exercise Preparatory Movements



HIP CROSSOVER



OBJECTIVE: To build mobility and strength in your torso by disassociating hips and shoulders .

STARTING POSITION: Lie face up on the floor, arms and shoulders extended out at your sides and flat; feet flat on the floor.

PROCEDURE: Twist your bent legs to the right until they reach the floor, then twist to the left.

COACHING TIPS: Keep your stomach drawn in and shoulders, torso and feet in contact with the ground.

YOU SHOULD FEEL : Stretching and contracting of your core muscles.

PROGRESSION: Try this move with your hips and knees bent 90 degrees and your feet off the ground.

SECOND PROGRESSION: Perform this move with your legs straight.

HAND WALK



OBJECTIVE: To build stability in your shoulders and core and to lengthen your hamstrings, calves and lower back muscles.

STARTING POSITION: Stand with your legs straight and hands on floor.

PROCEDURE: Keeping your legs straight and belly button drawn in; walk your hands out. Still keeping your legs straight, walk your feet back up to your hands.

COACHING TIPS: Use short “ankle steps” to walk back up to your hands. That is, take baby steps using your ankles – don’t use your knees, hips or quads.

YOU SHOULD FEEL: A stretch in your hamstrings, lower back, glutes and calves and a burning sensation in the front of your shins.



Exercise Preparatory Movements



LEG CRADLE



OBJECTIVE: To re-enforce trunk/hip stability and develop balance/body control.

START POSITION: Standing.

PROCEDURE: Lift right leg to chest and place the right hand under the knee and the left hand under ankle. Pull right leg to chest while contracting left glute.

Step forward with right foot and repeat stretch on other side.

COACHING TIPS: Keep chest up. Contract glute of the leg you are standing on.

YOU SHOULD FEEL: Stretch outside of hip in front leg. Hip flexor stretch in back leg.

KNEE HUG LUNGE



OBJECTIVE: To re-enforce trunk stability while developing lower extremity mobility.

PROCEDURE: Lift right knee to chest and grab below knee with hands. Pull right knee to chest while contracting left glute. Step forward into lunge with right foot and repeat stretch on other side.

COACHING TIPS: Keep chest up. Contract glute of the leg you are standing on.

YOU SHOULD FEEL: Stretch in glute/hamstring of front leg. Hip flexor stretch in back leg.

For more information about the
**Northwell Health Rehabilitation
Network**, please call:

(888)REHAB-03



Staying Hydrated During Exercise

How you fuel your body may be completely different when you are engaging in physical exercise compared to your everyday routine. A physically active person require more water and nutrients in order to keep a natural balance inside their body. Water is the most important nutrient. Water comprises about 60% of body weight and is essential for almost every bodily function. To stay hydrated and avoid overheating, drink plenty of fluids before, during, and after exercise. The following tips will help you stay hydrated:

How can I prevent dehydration?

- Drink enough water and electrolytes!
- Water consumption is based on individual weight.
- Drink small amounts of water frequently rather than large amounts less often.
- Make sure you have a water bottle for exercise.
- Be sure to drink fluids:
 - The night prior to exercise
 - 30 minutes before exercising
 - Every 15-20 minutes during activity

Keep track of of your body

- Track your sweat loss by weighing yourself both before and after exercise. For every pound lost through sweat, drink 16 to 24 oz. of water. Your body weight should be back to normal before your next workout.
- Pay attention to the amount and color of your urine. A large volume of clear urine is a sign that you are well-hydrated. Smaller amounts or dark yellow urine can indicate dehydration.

Know the signs and symptoms of dehydration

Dehydration can be life threatening if untreated!

There are 3 levels of dehydration:

- Heat cramp symptoms: muscle cramping in the calves, back, arms or abdomen
- Heat exhaustion symptoms: feeling faint or dizzy, nausea, and rapid heartbeat.
- Heatstroke symptoms: emotional instability, collapsing, and very high body temperature.

For more information about The Northwell Health Sports Medicine Program please contact: sports@northwell.edu



Proper Nutrition

Along with proper hydration, nutrition plays a major role in your athletic performance. Your performance goals will determine how many carbohydrates, proteins and fats you should be consuming.

Carbohydrates

Carbohydrates are your first and most important fuel source. Sugar and starches in carbs are converted into energy, which is needed to perform high-intensity, short duration activities.

Carbohydrates are found in many foods including:

- Fruits
- Vegetables
- Pasta
- Bread
- Cereal
- Rice

Once your body is depleted of carbs, it will then turn to protein and fats for energy. These two sources aren't as efficient as carbs and in turn, may decrease your performance. If you plan on exercises or engaging in physical, high intensity exercises for longer than 1 hour, be sure to increase the amount of carbohydrates you are eating throughout the day. When preparing for a competition, or longer lasting event, begin eating carbs a few days in advance.

Proteins

Proteins give your body the power to build new tissues and fluids among other functions. Your body cannot store extra protein, so it burns it for energy or converts it to fat. The amount of protein you need depends on your:

- **Level of fitness:** Physically active people need more protein than those who do not exercise.
- **Exercise level:** Endurance athletes often burn protein for fuel, as do bodybuilders and other athletes who perform intense strength-building activities.
- **Total daily calories:** Your body burns more protein if you do not consume enough calories to maintain your body weight. This can happen if you eat too little or exercise too much.

Proteins should provide about 12% to 15% of your total daily calories. Proteins are found in many foods, including:

- Meat
- Fish
- Poultry
- Eggs
- Beans
- Nut
- Dairy products

Fats

How your body uses fat for energy depends on the intensity and duration of exercise. For example, when you rest or exercise at low to moderate intensity, fat is the primary fuel source. As you increase the intensity of your exercise, your body uses more carbohydrates for fuel. If your body uses up its glycogen supply and you continue exercising, you will burn fat for energy, decreasing the intensity of your exercise.

Some healthy fats include:

- Nuts and seeds
- Avocado
- Olive oil
- Coconut oil

Did you know?

A pound of muscle burns 3x more calories than a pound of fat. So, the more muscular you are, the more calories you can consume.



Proper Footwear

Choose the right shoes

Sports can place tremendous pressure on the feet, ankles, and legs. Wearing the appropriate shoe can improve both comfort and performance, and most importantly, prevent injuries.

Today's athletic shoes are designed with specific activities in mind. If you participate in a single sport more than two times a week, you should purchase a shoe specifically designed for that sport — a running shoe, court shoe, cleats, or hiking shoe. If you are active in many different forms of exercise each week, a cross training shoe may be the best choice.

The structure of your foot will determine the type of shoe you should be wearing. For example, there are different shoes for flat feet, wide feet and high arches. Wearing the proper fitting shoe is most important.

Are your sneakers worn out?

If you are a runner, you should change your sneakers roughly every 400 miles. For the average recreational athlete, every year. For instance, if you run 2 miles a day, 30 days a month, for 12 months; that is 720 miles. You would change your sneakers roughly half way through the year.