



2nd Practical exercise

Walk to Health

1. Introduction: For regular exercise habit, 1 day a week, about 1-2 hours trekking (walking)
2. Target Groups: Anyone who cares about healthy life, Adults and children
3. Key Words: Healthy exercise, muscle strengthening
4. Purpose of the practical exercise: While healthy weight control is provided by nature walks, metabolism will be accelerated by strengthening bones and muscles that will consume calories.
5. Specific reason why this practical exercise has been developed: Spending calories, strengthen the muscles, strengthening and rejuvenating bones, accelerate metabolism by walking
6. Materials: Comfortable sneakers and sweat suit

7. Description & Instruction:

Step 1: Wear your tracksuit,

Step 2: Wear your sports shoes,

Step 3: Walk for 1 hour in the nature (wooded area, mountain ... etc)

Web sites recommended from the internet:

<https://www.realsimple.com/health/fitness-exercise/how-to-walk>

<https://dogayakacis.com/2014/01/01/baton-kullanimi-kuzey-yuruyusu/>

<http://www.gittimgordumgeldim.com/2013/05/23/genel/yollar/nordic-walking-sokaga-indi/>

Some tips to motivate yourself...

1. Ask to friends and/or other family members to join you
2. Create or join a “walking group” – people who decide to walk together and organise this activity. Set up this group through social communication channels (facebook, twitter, whatsapp, etc ...) and exchange information with group members on this topic.
3. Listen to the music while walking
4. If you like dog and you have time to manage it you can adopt one and it will have a good partner for training

8. Results of the practical exercise:

A 1-2 hour walk in the country will provide you with about 700 to 900 calories.

Web sites recommended from the internet:

<https://www.realsimple.com/health/fitness-exercise/benefits-walking#walking-9>

9. Queries & Considerations: Support to prevent heart diseases, Strengthening muscles and bones, Protect from chronic diseases.

10. Conclusions: Healthy eating and 1-2 hours walking in the nature,

Açıklama [u2]: On the internet there are a lot of websites about walking and nordic walking where is possible to find information to add here



- Muscles and bones are strengthened
- Protection from chronic diseases
- Calories burning will be possible

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