



TPC JUNETEENTH 5K WALK FOR WELLNESS WEEKLY TIPS



MARCH 5

Begin your new walking routine!

Build your steps gradually. Strive to walk 3 times a week. Keep a walking journal of your progress.

MARCH 12

Add this 15-minute exercise routine to jumpstart your 5K walk day!

BEFORE YOU WALK: STRETCHING (5 MINUTES)

SIT IN A COMFORTABLE CROSS-LEGGED POSITION ON THE FLOOR.

- **Neck rolls** - rotate your head 3 times from right to left, then 3 times from left to right
- **Shoulder rolls** - roll your shoulders forward and back 3 times in each direction
- **Side stretches** - place your left hand on the floor next to your hip, extend your right arm up, lend over to the left, and stretch the right side of your body. Do the same to each side two times.
- **Side twist** - place your right hand on your left knee and your left hand on the floor behind your hip. Twist to the left. Do the same to each side two times.

STRETCH YOUR LEGS OUT WHILE SITTING ON THE FLOOR.

- **Leg lifts** - place your hands on side of your hips. Keeping your back straight, lift one leg at a time and hold it for 3 complete breaths. Repeat on each leg two times.
- **Forward bends** - lift both arms over the head, take a deep breath, exhale, and fold forward. Hold in the forward sitting position for 3 complete breaths.

MOVE TO HAND AND KNEE POSITION (TABLE POSE)

- **Rolling hips** - on hands and knees, roll your hips three times from right to left and then three times from left to right.
- **Cat-Cow** - on hands and knees, rotate your spine up and down by flexing and arching your back. Repeat 7 times.



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AEROBICS (5 MINUTES)

STANDING

- **Toe touches** - stand with legs apart. Extend your arms sideways like the letter T. Inhale your breath. As you exhale, try to touch your right hand to your left foot. Inhale to standing. Exhale your left hand to your right foot. Repeat four times on each side.
- **Jumping jacks** - do jumping jacks for one minute. Build up each week until you can do them for 3 whole minutes!
- **Jog or walk in place** - whatever one you choose to do, be sure to lift your knees high and swing your arms. Jog or walk in place for one minute. Build up each week until you can move for 3 whole minutes!

AFTER WALK COOL DOWN (5 MINUTES)

LIE DOWN ON THE FLOOR WITH KNEES BEND AND FEET FLAT ON THE FLOOR

- **Back massage** - bring your knees into your chest and wrapping your arms around your legs. Rock side to side massaging your back.
- **Hamstring release** - Lie down on the floor with knees bend and feet flat on the floor. Extend right leg up towards the ceiling. Place your hands on the back of your thighs. Inhale and lift your head towards your right knee. Hold for 2 breaths. Exhale and bring your head down. Repeat twice on each side.
- **Reclining twist** - bring your knees into your chest and wrapping your arms around your legs. Extend your arms sideways like the letter T, palms facing down on the floor. Inhale. Exhale and bring your legs over towards the right and turn your head towards the left. Repeat twice on each side.
- **Reclining stretch** - Lie on the floor with your arms extended. Stretch your body by flexing and pointing from your fingers to your toes, inhaling and exhaling as you stretch.

ENJOY YOUR WONDERFUL DAY!

MARCH 19

Mini 5K home boot camp (4-minute video):

<https://youtu.be/4X4Udp6Flbo>



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MARCH 26

STAY PROPERLY HYDRATED!

One common mistake walkers make is opting for sugary sports drinks during their workout. The calories from these beverages negate most of the calories you're burning, and in most instances, they aren't needed to sustain your activity. **Carry a water bottle while walking and sip between strides. Add a slice of fresh lemon or lime for a refreshing taste.**

APRIL 2

UPPER BODY EXERCISES WITH DUMB BELLS/HAND WEIGHTS

MUSCLE IMPACT	EXERCISE	REPS
Biceps	Bicep Curls- bent elbow, lift hand towards shoulder	10 reps- right hand 10 reps- left hand
Triceps	Triceps- lift arm overhead, bend elbow and lower hand to back of upper shoulder	10 reps- right hand 10 reps- left hand
Pectorals	Lean torso forward at 10-degree angle, bend elbows at side body, bring hands together and pull arms away to the side lifting shoulder height	10 reps- using both arms
Rhomboids	Lean torso forward at 10-degree angle, bend elbows at side body, draw upper arms towards back body as though rowing a boat	10 reps- using both arms
Latissimus Dorsi	Start with arms at your side; bend elbow and push the weight cross upper body; pull back to shoulder and push arm down towards your side	10 reps- right hand 10 reps- left hand



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APRIL 9

Find a new walking path! A change of scenery will strengthen your mind as new sights rewire your brain cells.

APRIL 16

Building your core will strengthen your walking stride!

ABDOMINAL EXERCISES/FLOOR

Bent Knee Crunches

- Reclining on the floor with knees bend place a yoga block or pillow between your knees
- Extend your arms overhead along the floor
- Engage your abs by drawing your bellybutton towards your spine
- Lift your knees and arms towards your chest on an inhale
- Lower your feet and arms to position on an exhale

Repeat 10 times daily and gradually progressing to 30 reps per day.

APRIL 23

Make walking a community affair!

Invite family or friends to join you on your walk. This will add variety to your walk so you don't get bored. They'll reap the benefits of walking, too.

April 23

Walk in Rhythm!

Music has been shown to inspire exercisers to go longer and harder. Just about any music that inspires you can add energy to your steps and keep you motivated. Start with songs that have a slower beat to warm up, then choose higher-energy ones for the middle of your walk, and finish with a slower, relaxing tune. You can even alternate fast and slow songs for a musical interval walk. Just remember to keep the volume low and use only one earbud if you're walking outside.



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MAY 7

Need some motivation to meet your walking goals this week?

- Try a short walk following meals, which can help control your blood sugar, prevent cravings for more food and give your metabolism a boost.
- When completing daily errands, walk between destinations instead of driving when it's a mile or less.
- Take a short walk when you feel frustrated or stressed. It can help your mood while you burn a few more calories.
- Always take the stairs instead of the elevator.

MAY 14

Walking on a hiking trail with hills is one way to include intervals in your walking routine without making it feel like torture. Walking uphill also burns more calories and helps you build muscle in the lower body, which can help speed up your metabolism, too.

If you don't have a walking trail with hills, try a staircase workout. Change your technique slightly. Lean forward as you climb, take shorter steps, and bend your knees more than you would normally.

MAY 21

While it might look silly, exaggerating your arm swing while you walk has additional benefits. It'll help to speed up your pace, work your upper body and burn up to 10% more calories when compared to a normal arm swing. To perfect your arm-swing technique, use these tips:

- Bend your arms to 90 degrees and maintain this form.
- The arm should extend behind the body as far as you can comfortably and naturally.
- On the upswing, the hand should rise to the level of the chest.





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MAY 28

Emphasizing correct posture can help improve your workout and calorie burn and prevent fatigue and common walking-related injuries. Focus on keeping your back relaxed, elongating your spine, and keeping your shoulders neutral. Make sure to focus your gaze on the horizon, which helps keep your neck and head aligned.

Pay attention to how your foot strikes the ground. Your heel should strike the ground first to help absorb the impact and minimize stress on the joints. From there, your foot should roll smoothly forward and push off of your toes using the toe flexors.

JUNE 4

Review your footwear before TPC 5K Walk Day!

Check out your walking shoes at least 2 weeks before the event day. Make sure your shoes fit snug yet comfortable. Look at the tread on the bottom of the shoe for wear. If you do need a new pair of walking shoes, strive to purchase them at least 2 weeks before the event so that you can get use to the feel.

JUNE 11

Motion is Lotion! One week until TPC 5K walk day!

June 18

Celebrate TPC 5K Day by **posting your walk on social media and tagging**

[@thepeacescollective](#).