

BE **YOU** TIE  
IS A  
**BEAST**  
3K/1 MILE  
FUN WALK

# Tips

- Always consult your physician before starting any exercise program.
- Avoid running consecutive days - spread your 3 days out with a least one off day in between. Your off days can be used to rest, stretch, or calisthenics.
- Be Sure to Warm up properly - start with a 3-5 minute walk, and include some dynamic stretching to prep your muscles for movement.
- Be sure to cool down properly - walk until natural breath returns, stretch quads, hamstrings, calves, glutes.
- Fuel your body with proper nutrients and hydration.
- Consider getting fitted for proper walking/running shoes.
- Compose a playlist of your favorite songs/motivation to keep you going.
- Avoid heel-striking when running - stay on balls of your feet to avoid knee discomfort over time.
- Be conscious of your breathing - inhale through nose and exhale through mouth every few strides - try to keep breath under control.
- Keep your face and body relaxed while walking/running - especially your shoulders.
- The faster you pump/move your arms, the faster your legs will move - keep this in mind when setting your pace and use your whole body as a unit.
- Use free apps to set intervals and track distances ie. Interval timer, mapmyfitness, and tabata timer.
- Set up a reward system to acknowledge milestones in training, Use rewards that will make you more excited to complete the program, not derail it. i.e. massage, pedicure, new shoes or earbuds.