



Brisk Walk Your Way to Better Health

150 minutes a week, feel the difference!

www.hpb.gov.sg
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This resource is designed for healthy individuals and should not replace any health and physical activity advice provided by your doctor or health care professionals.



Brisk Walking is for Everyone

Brisk walking is an excellent form of physical activity. It is suitable for most people and provides many health benefits.

Regular brisk walking:

- improves your stamina and fitness
- lowers your blood pressure and blood cholesterol
- burns off excess calories and helps you manage your weight
- relieves stress and anxiety
- helps you get better rest and sleep
- gives you more confidence

Brisk walking is simple, fun and does not require any special equipment. All you need is a good pair of walking shoes, comfortable attire and a bottle of water.

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Getting Ready to Brisk Walk

Before you start a brisk walk programme, answer the Physical Activity Readiness Questionnaire (PAR-Q) below.

If you honestly answer **'NO'** to all questions you can be reasonably sure that you are at low risk to participate in any exercise programme or event.

If you answer **'YES'** to any of the questions below, you are required to be evaluated by your doctor whether you can participate in any exercise programme or event.

1) Has anyone in your immediate family (mother, father, sister or brother) had a heart attack or died suddenly of a heart related disorder before age 55 (men) or 65 (women)?	Yes	No
2) Has your doctor informed you that you have any of these conditions? (check all that apply) <input type="checkbox"/> Heart condition or disease (also includes any type of heart surgery) <input type="checkbox"/> Stroke <input type="checkbox"/> Lung disease (e.g. chronic obstructive pulmonary disease/COPD or asthma) <input type="checkbox"/> Diabetes	Yes	No
3) In the past 1 year, have you had chest pain when you engage in physical activity or when at rest?	Yes	No
4) Do you ever experience dizziness or even lose consciousness?	Yes	No
5) Do you have any bone, joint or muscle problem (e.g. back, knee, hip, shoulder or ankle) that could be made worse by participating in exercise?	Yes	No
6) Do you take tablets for high blood pressure and either continue to have poorly controlled high blood pressure, or you do not follow up with a doctor on a regular basis?	Yes	No
7) Are you currently pregnant?	Yes	No
8) Do you know of any reason why participating in physical activity might be harmful to your health?	Yes	No

Follow your doctor's advice on the volume and types of physical activities that are best for you especially if you have a medical or chronic condition.





Get F.I.T.T.

The F.I.T.T. principle stands for Frequency, Intensity, Time and Type of Physical Activity.

Frequency	Spread throughout the week
Intensity	Moderate intensity
Time	Accumulate at least 150 minutes throughout the week, with each session lasting between 10 and 60 minutes
Type	Brisk Walking

Brisk Walk at Moderate–Intensity Pace for Health

When you brisk walk, there should be a noticeable increase in breathing and heart rate. A simple way to monitor your intensity is to use the talk test. So if you have enough breath to talk but not sing, that is moderate intensity. It is a pace similar to hurrying to catch a bus or if you are rushing from one place to another for an appointment.

Breathe freely through the nose and mouth. If you are panting or do not have enough breath to say more than a few words at a time, then the pace is too fast.

When you brisk walk for a total of 150 minutes per week, you can burn between 750 and 1000 Kcal per week!



Find your pace

Use the recommended pace range as your guide as you brisk walk on a level surface. Remember to use the talk test to determine if you are walking at a moderate-intensity pace.

Female/ age	km/Hr	min/km	min/2km	min/3km	min/4km	min/5km
20-29	5.5-7.0	8:30-11:00	17:00-22:00	25:30-33:00	34:00-44:00	42:30-55:00
30-49	4.5-6.5	9:00-13:30	18:00-27:00	27:00-40:30	36:00-54:00	45:00-67:30
50-59	3.5-6.0	10:00-17:00	20:00-34:00	30:00-51:00	40:00-68:00	50:00-85:00
60-69	2.5-4.5	13:30-24:00	27:00-48:00	40:30-72:00	54:00-96:00	67:30-120:00

Male/ age	km/Hr	min/km	min/2km	min/3km	min/4km	min/5km
20-29	6.5-7.5	8:00-9:00	16:00-18:00	24:00-27:00	32:00-36:00	40:00-45:00
30-49	6.0-7.0	8:30-10:00	17:00-20:00	25:30-30:00	34:00-40:00	42:30-50:00
50-59	5.0-6.5	9:00-12:00	18:00-24:00	27:00-36:00	36:00-48:00	45:00-60:00
60-69	3.5-6.0	10:00-17:00	20:00-34:00	30:00-51:00	40:00-68:00	50:00-85:00

**These values are based on the average healthy Singaporean adult aged 20 to 69. Individuals younger than age 20 or older than age 69 should maintain a brisk walking pace such that they can carry on a conversation but do not have enough breath to sing.*





Schedule your brisk walk

Brisk walk for 10 to 60 minutes a day, on most days of the week. The goal is to add up your weekly time to at least 150 minutes per week. The minimum brisk walking session must be at least 10 minutes.

Here is an example of how you can spread out your 150 minutes of brisk walking per week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active rest	30 minutes brisk walk with walking group	10 minutes brisk walk to the MRT 10 minutes brisk walk from the MRT	Active rest	10 minutes brisk walk at lunch time 20 minutes brisk walk (PM)	10 minutes brisk walk (AM) 15 minutes brisk walk (PM)	45 minutes brisk walk with walking group

You decide what works best for your weekly schedule. Use the table below to plan and track your walks.

Design your own weekly plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you are just starting out you can begin with 30 to 60 minutes per week and add 10 minutes each week until you are maintaining 150 minutes per week.



See how you can incorporate brisk walking into your daily routine, e.g. brisk walk to the market, bank or MRT station instead of taking the bus, park your car further away or brisk walk to your lunch venue. You can also brisk walk with your family before/ after dinner or during the weekends. Joining a brisk walking club allows you to make new friends.

Explore the wide range of interesting routes in the parks and park connectors.
For more routes, visit www.nparks.gov.sg

Central Singapore district	North East District	North West District	South East District	South West District
Tiong Bahru Park	Punggol Park	Yishun Park	East Coast Park Area A to Area G	Jurong Park Connector
Bishan Park	Pasir Ris Town Park	Zhenghua Park	Bedok Reservoir Park	Ulu Pandan Park Connector
MacRitchie – Chemperai/ Jering Trails	Tampines Central Park	Admiralty Park	-	Pang Sua Park Connector



Start Brisk Walking

To ensure that you benefit the most out of brisk walking, it is good to bear in mind that safety comes first. You also need to maintain the correct posture and use the correct attire.

Brisk walk safely

Brisk walking is a low-risk activity suitable for most people. However, here are some extra safety tips you may wish to consider.

- Ensure that each brisk walking session includes 5-10 minutes of light- to moderate-intensity warm-up and cool-down stages. Stretching or mind body exercises (MBEs) such as Qigong, Tai Chi, yoga and Pilates can be included.
 - Always begin at a slower pace.
 - Pick up speed after 5 minutes.
 - Maintain a pace that causes noticeable increase in breathing and heart rate so as to ensure that you are brisk walking at moderate intensity. You should be able to talk but not have enough breath to sing.
 - Slow down in the last 5 minutes.



- Always ensure you are well-hydrated before, during and after your brisk walk. Thirst is not a good indicator of hydration status as by the time you feel thirsty, there is probably already a significant loss of fluids.
 - For brisk walking sessions that last less than 60 minutes, plain water is a good choice of fluid.
 - For brisk walking sessions that last longer than 60 minutes or more, you may wish to consume isotonic or sports drinks instead.
 - You should avoid strong coffee or alcohol to prevent dehydration.
 - In general, your urine colour is a good indicator of hydration status. Light-coloured urine indicates adequate hydration while dark urine indicates dehydration.
- Avoid brisk walking on days with high temperatures and if there are signs of heavy downpour or lightning.
- Wear a cap or a hat and apply sunscreen on hot days to prevent sunburn. If possible, brisk walk in the shade.
- Brisk walk in early morning, during the day or in the evening. (Avoid during the hottest part of the day, that is, 10:30am–3:30pm.)



- Be aware of the signs of heat stress:
 - Painful cramps in the legs or abdomen
 - Weakness, dizziness and headaches
 - Cold, clammy or pale skin
 - Heavy sweating

What to do:

- Rest in a cool place.
- Drink some water.
- Loosen your clothing.

If your brisk walk partner is unconscious or unwell, send him/her to hospital immediately.

- Take extra care if you are only able to brisk walk at night:
 - Start your brisk walk about 2 hours after dinner.
 - Brisk walk on well-lit pavements or pedestrian paths.
 - Face on-coming traffic when brisk walking along road pavements and be extra careful of moving vehicles at road intersections.
 - Wear light-coloured clothes or a reflective band for visibility.



Brisk walk effectively

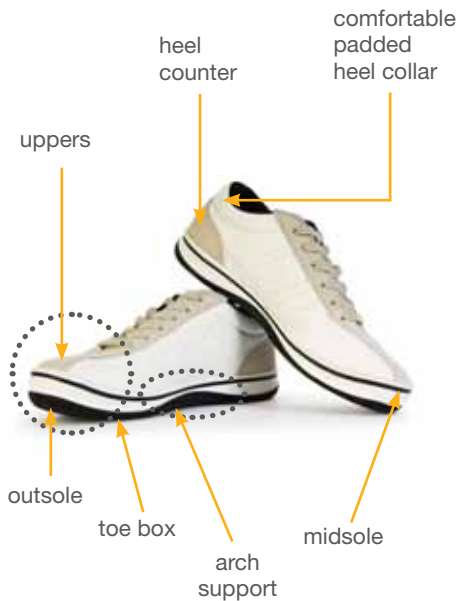
To brisk walk successfully, you need to ensure that you have the correct posture and technique. Use the illustration below as a guide.





Gear up

Wearing a pair of comfortable and fitting walking shoes is essential. Inappropriate shoes can cause discomfort or even injuries, so take your time to select a suitable pair.



Insole and midsole

Well-cushioned to absorb shocks

Outsole

Tough enough to resist walking impact and patterned to provide traction

Uppers

Sturdy yet soft and flexible enough to bend with the foot

Toe box

High enough to allow free toe movement and spacious enough to allow 1.5cm between the toes and the shoe front for comfort

Heel counter

Fit closely for stability

Arch support

Flexible soles at the ball of the feet rather than in the middle of the feet for better support



Shopping for shoes

- Shop in the late afternoon when your feet are slightly larger.
- Get walking shoes. Shoes for other activities like jogging and tennis are designed differently.
- Try both fully laced shoes to ensure a proper fit. Walk around for a minute or two to check for comfort.

Also, the right pair of socks can greatly enhance foot comfort and provide protection against foot problems.

They should be:

- shaped to fit the feet
- seamless to prevent blisters
- made of cotton to promote comfort and to absorb perspiration

Wearing the right attire

The right attire also helps in ensuring an enjoyable walk. Wear loose, light and comfortable clothing for greater movement as well as to absorb perspiration.

Step Out

Now that you know all about brisk walking, take that step out and start today!





Brisk walking is an excellent form of physical activity. It is simple, fun and most of all free as you do not need any special equipment. All you need is a good pair of walking shoes, comfortable clothes and a bottle of water. You can brisk walk almost anywhere, at the park, or your housing estate and even at the mall. Get your family and friends to join you too. This booklet will help you kick-start your brisk walking routine.

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People's Association



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May 2013

