

# PAR-Q Assessment

- YES NO
1. Has your Doctor ever said that you have a heart condition & should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain while doing physical activity?
4. Do you lose your balance because of dizziness or have you ever lost consciousness?
5. Do you have bone or joint problems that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

Answer all questions honestly. If you answer YES to any, have your Doctor review them with you and follow his/her advice.

Patient's Signature \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_

## Physician's Referral

- Assessment & Education for Walking Program
- Orthotic/Footwear/Brace-assess and treat for biomechanical management or other

Dx: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

# Walking Tips



## Get in the walking habit!

Make exercise a regular part of your life.

## Choose the right shoes

Select properly fitted athletic shoes with stability and cushioning. Shop for shoes in the afternoon, to get the right fit because your feet are bigger at that time of the day. Check for bumps inside, stitching, eyelets and gluing for quality. The shoe sole should flex where your foot flexes. Look for removable insoles if you need orthotics. Allow a half-inch between the end of the shoe and your longest toe. The heel counter should fit snugly. Shoes should be comfortable immediately. Don't rely on a break in period. **Be professionally fit by a Pedorthist.**

## Socks are important

Get socks that will wick away sweat and help prevent blisters.

## Warm up and cool down

Do your stretches to help prevent injuries.

## Drink plenty of water

When you feel thirsty you are already dehydrated. Drink a large glass of water at the start and carry water with you.

## Swing your arms

This increases your heart rate and improves your workout.

## Monitor your Target Heart Rate

It is essential to obtain your THR to get the most benefit out of your program.

## Record your results

Keep track of your walk times, speed and calories burned. Buy a Pedometer to help you record this information.

## Buddy up

Walk with a friend or join a walking group for more fun.

## Vary your route

See different things and have fun!



## If you're a Diabetic.

Your insulin requirements may change with exercise. Check your blood sugar levels before and after walking. Carry a snack and water with you. Be aware of hypoglycemia and its effects. The best time to walk is 1-2 hours after a meal especially in the morning.

# Target Zone



Exercise that doesn't raise your heart rate to a certain level and keep it there for a period of time won't contribute significantly to cardiovascular fitness.

Here's how to check to see if you are within your target heart rate:

1. Right after you stop moving, take your pulse: Place the tips of your first two fingers lightly over one of the blood vessels on your neck, just to the left or right of your Adam's apple. Or try the pulse spot inside your wrist just below the base of your thumb.
2. Count your pulse for 10 seconds and multiply the number by 6.
3. Compare the number to the correct grouping below: Look for the age grouping that is closest to your age and read the line across. For example, if you are 43, the closest age on the chart is 45.

Age	Target Heart Rate Zone
20 yrs	100-150 beats per minute
25 yrs	98-146 beats per minute
30 yrs	95-142 beats per minute
35 yrs	93-138 beats per minute
40 yrs	90-135 beats per minute
45 yrs	88-131 beats per minute
50 yrs	85-127 beats per minute
55 yrs	83-123 beats per minute
60 yrs	80-120 beats per minute
65 yrs	78-116 beats per minute
70 yrs	75-113 beats per minute

*If you would like a pedorthic gait assessment, education and support for your Walking Program or an assessment for orthotics, footwear or braces, fill out the PAR-Q Assessment and have your doctor refer you to us.*

Walking briskly can be a great exercise. It doesn't require special facilities or equipment other than sturdy, properly fitting shoes with cushioned soles and arch supports that help protect the ankle and knee joints. You don't have to worry unduly about injuries, and walking can fit into any schedule.

## Beginner's Walking Program

If a particular week's schedule is overly tiring, repeat it for another week before going on to the next level. Do at least three exercise sessions each week on non-consecutive days. You do not have to complete the walking program in 12 weeks.

### Warm Up

Warming up gradually before an activity will increase the core body temperature and muscle temperature. This increase in body temperature will help to prevent injury and damage that can occur during any sort of activity. The warm-up should consist of a brief period of moderate exercise such as starting your walk slowly for 5 minutes before increasing your walking speed. The more strenuous the activity is, the longer the warm up should be.

### BENEFITS of WALKING

Walking has been shown to substantially reduce the risk of or lower:

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- TYPE 2 DIABETES
- HEART DISEASE
- OSTEOPOROSIS
- BREAST CANCER
- COLON CANCER

**We Can Help** We can assess your gait, footwear, and bracing needs to help you succeed. We can give you instructions for your warm-up and teach you some stretching techniques for your cool-down.

### Cool Down

Exercise should never end abruptly. Gradually slowing down your exercise activity is as important as warm-up.

Cooling down helps prevent sudden changes in your cardiovascular system. Cool down should last 5 to 10 minutes or until your heart rate is within 10 to 20 beats of your pre-exercise heart rate. Stretching as a part of your cooling down after vigorous exercise helps prevent your muscles from tightening up and minimizes muscle discomfort. It also helps maintain and improve flexibility.

	Warm-up	Walk Briskly	Cool Down	Total Time
Week 1	5 min	5 min	5 min	15 min
Week 2	5 min	7 min	5 min	17 min
Week 3	5 min	9 min	5 min	19 min
Week 4	5 min	11 min	5 min	21 min
Week 5	5 min	13 min	5 min	23 min
Week 6	5 min	15 min	5 min	25 min
Week 7	5 min	18 min	5 min	28 min
Week 8	5 min	20 min	5 min	30 min
Week 9	5 min	23 min	5 min	33 min
Week 10	5 min	26 min	5 min	36 min
Week 11	5 min	28 min	5 min	38 min
Week 12	5 min	30 min	5 min	40 min

So do yourself a favour and reduce your risks.

**“LACE UP THOSE SHOES AND GO FOR A WALK!”**

## THE MIRACLE TREATMENT

### “WALKING”

WE CAN HELP YOU TO  
REDUCE THE RISK OF:

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- TYPE 2 DIABETES
- HEART DISEASE
- OSTEOPOROSIS
- BREAST CANCER
- COLON CANCER

HELP YOU LOSE WEIGHT &  
IMPROVE YOUR OVERALL HEALTH

Barrie	74 Cedar Pointe Dr.	705-735-1013
Markham	16A Main St. N.	905-472-0072
Mississauga	918 Dundas E.	905-804-1015
North York	1370 Don Mills Rd.	416-445-1015
Pickering	1084 Salk Rd.	905-420-1015
Richmond Hill	10288 Yonge St.	905-770-1015
Toronto	750 Dundas St. W.	416-929-1015
Etobicoke	1020 Islington Ave	416-233-1015
Ottawa	1407 Bank St Unit B	613-730-1015