

## Technique to Restrain Yourself from Injuries During Workout

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### Introduction

Walking is one of the safest ways to get more physical activity. Minimize your injury risk with the following tips:

### Injuries during workout

#### Get a smart start

With comfortable, well-fitting, cushioned athletic shoes, start low and go slow. Per week, increase your walking time or distance by 10% to 20%. To stop the wear and tear that can lead to accidents, replace your shoes every 300-500 miles.

#### Blisters should be avoided at all costs

When opposed to cotton socks, studies have shown that synthetic fibre socks reduce blisters. (Cotton absorbs moisture and creates more friction.) Socks made of synthetic fibres such as Coolmax®, acrylic, or polypropylene should be avoided. Start with a quick walk if you're buying new shoes so that new pressure points don't irritate your skin.

#### Shin splints aren't essential

Shin splints (pain in the front of your lower leg) can develop if you increase your walking distance and pace too quickly, or if you add too many hills too quickly. Wear running shoes with good support and cushioning and progressively increase the walking distance and speed to avoid them. After walking, stretch and

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