

ARE YOU DOING YOUR MAD2?

Whether you are walking for the love of walking, wanting to get fitter, taking on a challenge or just wanting to improve your health, walking has been proven as the almost perfect exercise. It has a multitude of health benefits including being good for your heart, weight-bearing which is good for bones, definitely good for the mind and aerobic exercise which uses all your muscles, except for your quads that is... but all you need is a few hills to work those!

We now know that being active is proven to be one of the key aspects of prevention against all diseases, not just breast cancer. So, to keep active and healthy, Walk the Walk believes that everyone should do the **MAD2** every day. The **MAD2** is two miles a day which amounts to approximately 5,000 steps depending on your stride length and can include everything from the minute you step out of bed, until you get back into bed at night. By tracking your steps or distance on a daily basis, you might surprise yourself at just how far you usually walk around your home, on the other hand, you may find you move a lot less than you thought so now is the time to get going!

Below is a sample week to show how you can fit walking into your day and get a result... and if you get to the end of your day and you are a few steps short, a few times up and downstairs works a treat!

To start **MAD2** all you need is a fitbit or device to measure your steps or distance as you move through the day.

Day	Goal 2 miles = approximately 5,000 Steps!	Tip of the day!	Total Distance
Sunday	<p>Aim to walk an overall distance of just 2 miles a day. This is probably more achievable than you imagine and can be instrumental in helping you to get fitter and healthier.</p> <p>The best way to achieve part of your MAD2 is by getting out into the fresh air. If for some reason that's not possible, get creative about how to reach your step count!</p>	<p>Good posture whether you are out walking or racking up the miles at home will make a big difference to how you look and feel.</p> <p>Stand tall, engage your core muscles, which in turn will help your posture to change. Relax your shoulders down and gently rotate them back, tuck your bottom under that will tip your pelvis forward slightly and finally, imagine you have the winning lottery ticket held between your butt cheeks... your ready to go!</p> <p>Set your alarm every hour to remind you to move... it might be little but make it often!</p>	2 miles
Monday	<p>Take your daily walk. Try one mile out and 1 mile back... you've done it!</p> <p>Begin to think of ways that you can increase your step count around your home, garden or area. Walking rather than driving short journeys!</p>	<p>Did you know that the speed you walk is controlled by how fast you use your arms and not by how fast you move your feet... When walking if you want to pick up speed keep your arms at a 90° angle close to your sides... Start pumping back and forth whilst you walk.</p> <p>Walking up and down stairs every hour of the day and you could add a possible 300 steps or more to your distance!</p>	4 miles
Tuesday	<p>Join an online salsa class approximately 1 hour = 4,000 steps 1.6 miles... really!</p>	<p>Stretching whilst talking on the phone... Stand on the bottom step of your stair and allow your heels drop down. Alternate each foot for better balance or together, rise up onto your toes and then letting your heel drop down below the step. This is a fantastic calf stretch for when you get onto longer distances and great to do every day!</p> <p>Washing your car, motorbike or bicycle uses a lot of steps!</p>	6 miles
Wednesday	<p>Midweek stretch in bed before you get up... everybody knows good toes up, naughty toes pointed down... but did you know this is a great calf stretch whilst you're still in bed!</p>	<p>Working from home... then pace up and down whilst you talk on the phone... Even better get your office to take on the MAD2 challenge, collect the distances each day and see how far you all walk over the week. Could you walk around the world, the Walk the Walk office managed to do just that... over a course of a few months I should add!</p> <p>Walking regularly and achieving your MAD2 is a habit we ALL NEED!</p>	8 miles
Thursday	<p>Cover 2 miles in your day today and you're up 10 miles this week!</p>	<p>If you have a job or you sit a lot of the day, stand up every hour and spend 5 – 10 minutes walking around the house, garden or your work space to clock up the distance.</p>	10 miles
Friday	<p>2 miles – Cleaning and hoovering all adds up!</p> <p>Complete today and your up to 12 miles!</p>	<p>When you go out always use the stairs rather than lifts and escalators...</p> <p>If you have a treadmill at home then hop on for 15 minutes but don't forget to set at a minimum incline of 2 to get the full benefit.</p>	12 miles
Saturday	<p>Walk on the spot whilst watching your favourites on TV... don't forget to keep moving and pumping your arms or your device won't count your steps!</p>	<p>Go out for a walk – enjoy the fresh air just 15 minutes could cover almost 1 mile.</p> <p>YOU did it well done!</p>	14 miles Total 14 Miles
Add 1 mile?	<p>If you are managing 2 miles quite easily, why not add on a 1 mile walk for the love of walking – it will only take 15 – 20 minutes!</p>	<p>Choose a circular route for your mile so that you can always get back if you want to stop or change your mind.</p> <p>But look at this, just 1 mile extra a day and your total leaps to...</p>	21 miles a week!

Let us know how you achieve your MAD2... Get ready you would be MAD not to do it!