

Download Walking Your Way To A Better Life

The goal is to measure your steps in a typical week. Don't try to walk more than normal. Each morning, reset the pedometer to "0." Set it to show steps (ignore distance and calorie counts). Exercise walking is an excellent way for most people with low back pain to benefit from regular exercise while not aggravating the structures in the lower back. There's no easier way to feel better, get in shape, slim down and enjoy the outdoors than walking. And no need to pay gym fees, buy fancy equipment or schlep across town. This is a guest post by: Doug Johnson, PA who helped create North American Spine and manages all medical staff, in addition to training physicians in proper AccuraScope® procedure techniques.. When you think of adding exercise in your life, images of long distance marathoners wearing short shorts and Arnold Schwarzenegger pumping iron may pop into your head.