

Soundbite Script – Broadcast – Walk This Way

Matt Davidson, Physical Therapist, OSF HealthCare

“Walking affects you physically in a positive way, but it also affects you mentally in a positive way. You’re getting the cardiovascular component, you’re burning calories, and it’s also good for the legs and endurance. It helps with things we do on a daily basis – grocery shopping, walking around the neighborhood, yardwork – so it’s a very important aspect of everyday life.”

Matt Davidson, Physical Therapist, OSF HealthCare

“A walking program is a very good choice for people with different activity levels, but particularly those who are starting an exercise program. You’re getting components of cardiovascular exercise, but you’re also getting those muscles to work through your legs; it doesn’t have to be long periods of time and it doesn’t have to be fast paced but just the activity level of going up from where you are now is a foundation to build on later or maybe with other exercise.”

Matt Davidson, Physical Therapist, OSF HealthCare

“I think walking is more convenient. You don’t have to go to a gym to walk, you can walk around the neighborhood when the weather cooperates. You have treadmills sometimes at home that you can use. I’ve even had patients who walk laps repetitively around their basement. They listen to music and turn it into a fun activity that they enjoy and it doesn’t take driving across town to do it.”

Matt Davidson, Physical Therapist, OSF HealthCare

“I would recommend you start at what you feel is a three, four, five when it comes to intensity on a zero to 10 scale. Work your way up and add maybe a quarter mile every time you walk, depending on your age and fitness level.”