

Walk which way?

SOT

Dr. John Rinker

OSF HealthCare internal medicine physician

"It works different muscle groups than forward walking. You're going to work different parts of your shin. It's going to help a lot with ankle mobility." (:09)

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OSF HealthCare internal medicine physician

"The 6 a.m. or 6 p.m. – what I love about that is it schedules the walking. For some, the barrier to exercise becomes their life schedule. Things get in the way. You meant to exercise, but you look back on your day and realize you never did. Then a week goes by [with no exercise]." (:25)

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"It doesn't take a lot of weight for you to really feel it within the first 10 to 20 minutes. You don't want to be stuck far out with a heavy backpack." (:09)

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"It can be boring to do the same thing every day. Finding different variations often leads you to feel challenged, wanting to do more and wanting to try new things." (:13)

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"Walking is a wonderful way to improve cardiovascular fitness, muscular strength, endurance and balance. In general, humans are meant to move. The more we're moving our bodies, the healthier we're going to be long term. Bed rest is good for no one. We need to be moving." (:23)

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"Change the timeframe or pace. Go for shorter distances. There are some people who, let's say, have COPD and have trouble breathing. They feel short of breath, so they stop walking. We actually want them to walk and spend some time with some shortness of breath. They actually improve their exercise tolerance. Their breathing improves over time." (:27)