

Walk which way?

ANCHOR LEDE

Walking is one of the simplest ways to keep your body in shape. But sometimes, different styles of walking trend online as a “hack” to get better results.

TAKE VO

Backward walking is one option. OSF HealthCare physician Doctor John Rinker says this works different muscle groups than forward walking, and it helps with ankle mobility.

Farmer’s walking and rucking involve holding something. Start with a small weight and work up.

Japanese walking has you alternate slow and fast paces. Doctor Rinker says this is good for people who want to ease into an exercise plan.

Another mindset involves the number six. Walk for 60 minutes at 6 a.m. or 6 p.m.

SOT

Dr. John Rinker

OSF HealthCare

“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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If any style of walking brings pain, stop, rest and switch things up. But the bottom line is to get moving and reap the benefits.