

Soundbite Transcript - Walk This Way

Ricki Hickok, Exercise Physiologist, OSF HealthCare

“Walking is one of the easiest ways to get in physical activity. It’s always accessible, it’s always free and it’s going to improve your cardiovascular health, your mental health and your overall well-being.”

Ricki Hickok, Exercise Physiologist, OSF HealthCare

“Anybody with the ability to walk can do so. It doesn’t matter how old you are, it doesn’t matter how out of shape you are, there is nothing holding you back from creating a walking program. If you do have physical limitations you can always contact your doctor to get a referral or recommendation for what would work best for you to still get that cardiovascular benefit from exercise.”

Ricki Hickok, Exercise Physiologist, OSF HealthCare

“There’s tons of beautiful parks in the area. Always switching it up to a different location can help keep you from getting bored with your program and it can also add new challenges because every different setting is a different terrain.”

Ricki Hickok, Exercise Physiologist, OSF HealthCare

“Everyone is recommended to do 150 minutes of physical activity a week. That comes out to about 22 minutes per day. If you are just beginning to exercise and are out of shape you can start at 5 minutes a day to 10 minutes every other day. It’s whatever works best for you and that will keep you continuing with the program.”