

# Ralph Engelstad Arena Walking Program



# Arena Walking Program

## HOW TO BECOME AN ARENA WALKER

- ❖ Register
  - Main Office of the REA during regular business hours (7:30 a.m. to 4:30 p.m.)
  - After hours: Drop box available at ticket booth
  - On-line registration at [www.reatrf.com](http://www.reatrf.com)
  
- ❖ Annual walking membership:
  - Adults – \$25.00
  - Seniors (60 & over) – \$20.00
  
- ❖ Monthly Walking Schedules are available at [www.reatrf.com](http://www.reatrf.com) or in the lobby of the arena.

## Guidelines

- ❖ **SIX TIMES AROUND EQUALS ONE MILE!!**
  
- ❖ **PLEASE FOLLOW THE MONTHLY SCHEDULE**
  
- ❖ **Monday through Friday** walking/running is on the **upper and lower level** from 6:00 a.m. to 3:00 p.m.
  
- ❖ **After 3:00 p.m. walking/running will be on the Upper Level ONLY!!!**
  
- ❖ **Saturday and Sunday** walking is on the **Upper Level ONLY!!**
  
- ❖ **There will be no walking/running during High School games or other paid admission events.**
  
- ❖ The west doors are open for your convenience.
  
- ❖ Proper clothing attire must be worn while running. (E.g. Shoes, shirts, shorts)

## **PLEASE BE SAFE!**

When walking at the Arena, please do not “push” through the crowd of other walkers. Please keep **safety** in mind at all times when walking. Please treat your fellow walkers with courtesy – even if it means slowing down your walk.

Any questions call:  
Ralph Engelstad Arena  
(218) 681-2183

You know you want to begin a fitness program, but don't know where to start. It's easy!! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire. **The Walking Program at the Ralph Engelstad Arena makes it even easier for you to begin your program.**

How to start: First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks for a week 2 (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.

WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal and buttocks and fall into a natural stride.

Be sure to drink plenty of water before, during, and after walking. Incorporate a warm up, cool down, and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few warm up stretches. Then walk for a desired length of time. End your walk with the slower cool down pace and stretch well. Stretching will make you feel great and assist you injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (a minimum of 5 days a week is a good goal). You should walk fast enough to reach your target heart rate, but you should not be gasping for air.

After you have formed the habit you will want to evaluate your program and your goals.

If you are walking for the general health benefits try walk, 30 minutes a day, most days of the week, at a "talking" pace.

To improve cardiovascular fitness walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace – breathing hard but not gasping for air.

If you are walking for weight loss you should walk a minimum of five days a week, 45 to 60 minutes at a "purposeful/talking" pace.

If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

Once you can comfortably walk for 30 to 60 minutes 5 to 6 days a week you may want to put more "umph" or speed into your routine.