

How to use CardioStrides

Studies have shown that weighted walking increases energy expenditure nearly equal to running, but without the high impact. The impact force on the leg while running is equal to about 3 times body mass, whereas the level of leg shock from walking is only 30% of this value. CardioStrides, a weighted shoe developed by Nikken, provide gentle muscular resistance by adding moderate weight. Each shoe is carefully calibrated to add 2-3 pounds of weight resistance. This weight increases muscular response to normal movement without causing strain. Because weighted walking optimizes calorie burning throughout the day, you achieve greater benefits from your daily activities.

One example: Walking is an ideal form of exercise. It doesn't cost a cent, can be done almost anywhere and allows you to condition your body in a safe and healthy way. Walking relieves stress, promotes fat burning, strengthens the cardio-respiratory system and conditions the muscles of the legs, hips and buttocks. Wearing CardioStrides increases these benefits safely, helping you make the most of each and every step you take. They also encourage calorie burning and cardiovascular fitness as well as increase your heart rate and oxygen intake.

Handheld weights, weighted vests or ankle weights have typically been used to add intensity to a walking workout. Unfortunately these often prove to be cumbersome, uncomfortable choices, and because they alter your normal gait, risk of injury is increased. Ankle weights do not provide the support necessary to avoid stress and strain on this vulnerable joint, while CardioStrides feature a full-surround, padded ankle, which provides support, comfort and greater protection while you walk.

Some tips on walking with CardioStrides:

Begin each walk with a 5 to 10 minute moderate pace warm-up. Warming up gets the blood flow into the muscles and makes them easier to move. After your warm-up, take a minute to gently stretch your leg muscles before getting into the more intensive part of your workout. Stretch only as far as you can without pain, hold for about 10 seconds, and repeat. Spend the last 5 to 10 minutes of your walk "cooling down". After you are finished walking it is a good idea to stretch again, this will help you to maintain flexibility and may help offset possible post-exercise soreness. When wearing CardioStrides, walk on a flat surface, and pace yourself so that you become only somewhat winded but are still able to carry on a conversation.

To get the most out of your CardioStrides walking program, take the following into consideration:

- The duration or length of time you plan on walking. The amount of time to gain cardiovascular benefits can vary greatly from person to person, from as little as five minutes to as much as 60 minutes or more. Age, current level of fitness and other factors influence your body's response to exercise.
- The intensity or how hard your body is working during your walks is very important. If you are a beginner, exercise at a low intensity. As you get into better shape, increase the number of minutes you spend exercising before increasing speed if fat burning is your goal.

Your stride is important when walking. Taking steps that are too long cause the body to lean backward, shifting your center of gravity, putting strain on muscles and causing you to tire much more quickly. If your stride is too short, your body will burn more calories (more steps taken) but because it is forced to use more energy you may find yourself too tired to go the distance. There are ways to judge what stride is appropriate for you. One is to stand up, put your feet together and slowly lean forward at the ankles. As your weight shifts forward, you will instinctively take a step out. This is one way of calculating stride, but if trying this makes you uncomfortable, simply remember to take steps that feel the most natural for your body.

Consider your pace when you are walking.

A "window shopping" pace may be enjoyable, but is not enough to make significant improvement in your cardiovascular fitness or body fat burning. A "strolling" pace at approximately 3 miles per hour is a better choice, but may still not be challenging enough to improve your level of fitness.. "Brisk walking" is used to describe movement at approximately 4 miles per hour and usually involves swinging the arms as you walk. Posture should always be taken into consideration no matter what you are doing, but especially when walking. Imagine drawing a straight line from your ear down to your shoulder, hip, knee and ankle. Your shoulders should be back and relaxed, chest out, and head up. To turn an ordinary walk into a total body

activity, try to incorporate arm movement. Instead of just letting your arms hang at your sides, bend them at the elbows at about a 90 degree angle and swing them in natural rhythm with your body. Adding arm movement increases calorie burning by as much as 5-10%.

The following cautions are recommended:

- * Read instructions carefully before using CardioStrides.
- * Consult your health care provider before starting any exercise program.
- * Do not wear this product while operating any vehicle.

CardioStrides are designed for walking or other activities that involve low-impact, low-speed exercise. Rapid, high-impact activity while wearing them may cause damage to muscles and joints. Wear these shoes only on flat, even ground. They are not recommended for wear on stairs, slopes, and escalators or in slippery conditions such as snow or rain, or water.