
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

One 60-minute walk or two 30-minute walks?

Question: Which is better: walking one time for 60 minutes all at once, or walking twice for 30 minutes each time?

Answer: Great question, and guess what — it all balances out the same. If you walk at 3 miles per hour for 60 minutes or go for a 30-minute walk in the morning and a 30-minute walk in the evening (at the same speed), the overall calorie-burning effect should be similar.

This question brings up another important fitness concept — gradual progression. The Surgeon General recommends that we should try to accumulate 30 minutes of physical activity on most, preferably ALL, days of the week. The key word is “accumulated” physical activity! As you improve your fitness level, work on performing longer overall durations. For example, try to accumulate 30 minutes the first week, 40 minutes the second week, 50 the third week, and an hour the fourth week. The more time you put in, the more calories you burn, but make sure to gradually work up to it.

Breaking up long duration walks into shorter, more frequent sessions is a positive stepping stone for easing into a fitness program. It reduces the risk of overexerting yourself, which can leave you with sore muscles and joints. Don't be afraid to get out there and move!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes “house calls”! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
