

# 健步行 Fitness Walking



日日健步行 健康又醒神

*Be smart and healthy  
Let's take a brisk walk daily*

## Foreword

According to the Report on the “Territory-wide Physical Fitness Survey for the Community” completed by the Community Sports Committee in 2023, over half of Hong Kong citizens are not doing enough physical activity to meet the World Health Organization’s (WHO) recommended levels <sup>Note</sup>. A lack of physical activity or a sedentary lifestyle is a risk factor contributing to overweight, obesity, high blood pressure, and adverse blood sugar and lipid levels.

In view of this, the Leisure and Cultural Services Department (LCSD) promotes fitness walking to encourage wider public participation in physical activity. It is hoped that fitness walking will raise the aspiration for health and quality life among the public.

**Note** The WHO recommends that children and adolescents should engage in at least an average of 60 minutes per day of physical activity of moderate-to-vigorous intensity across the week, while adults should engage in at least 150 minutes of physical activity of moderate-to-vigorous intensity throughout the week.



## What is fitness walking? How can it benefit your health?

Fitness walking is a physical activity suitable for people of all ages. It can be practised anywhere and anytime according to one's ability. Regular fitness walking will not only improve health indices and physical fitness, but also nurture self-discipline and strengthen will power. Moreover, fitness walking is a low impact aerobic exercise, which inflicts less impact force on the lower limbs than jogging.

Walking exercises can be classified into four categories, namely health walking, fitness walking, speed walking and race walking. From the perspective of sports science, since there are vast differences in individual health and physical fitness, it is rather difficult to classify walking exercises by speed only. For the purposes of public education and taking into account individual differences, this booklet advises you to engage in fitness walking by making reference to both the indices of walking speed and exercising heart rate:

### Walking Speed

Walk at a speed of 50 to 100 metres per minute.

### Exercising Heart Rate

Keep the exercising heart rate between the lower limit and middle zone of the target training heart rate zone while walking.



Calculation of Target Training Heart Rate Zone:

Lower limit	Middle	Upper limit
<b>maximum heart rate* x 60%</b> (can be lowered to 55% for those who are not physically fit and raised to 65% for those who are physically fit)	<b>maximum heart rate x 75%</b>	<b>maximum heart rate x 90%</b> (should be adjusted according to one's actual physical conditions and training targets. The key is "know your ability")
<b>or</b>		
<b>(maximum heart rate - resting heart rate) x 50% + resting heart rate</b> (can be lowered to 45% for those who are not physically fit and raised to 55% for those who are physically fit)	<b>(maximum heart rate - resting heart rate) x 70% + resting heart rate</b>	<b>(maximum heart rate - resting heart rate) x 85% + resting heart rate</b> (should be adjusted according to one's actual physical conditions and training targets. The key is "know your ability")

\*maximum heart rate = 220 – age

Exercising heart rate can be monitored by pulse checking and a heart rate monitor.

**Pulse Checking**

1. Place your index and middle fingers on the arteries of your wrist.
2. Feel the pulse.
3. Do not press too hard.
4. Do not use your thumb as it has a light pulse which can easily mislead.
5. Start counting from "zero".
6. Record the number of pulses in 15 seconds.
7. Multiply the number by four to obtain the pulse rate per minute.



## How does a heart rate monitor work?

With the aid of electrocardiographic (ECG) technology, ECG signals are transmitted from the chest strap transmitter to the wrist receiver.



Regular fitness walking can effectively improve health indices, bringing the following health benefits:

1. enhancing the physique and immunity;
2. improving heart and lung functions;
3. slowing down bone aging and promoting bone growth;
4. improving blood circulation of joints by increasing the supply of oxygen and nutrients and thus strengthening the joints;
5. strengthening the muscles and tendons around joints and thus alleviating arthritis; and
6. improving the frailty of the elderly, thereby reducing the chance of tripping over.



## **“How long”, “how far” and “how vigorous” should I walk in order to reap the above health benefits?**

### **With Reference to the World Health Organization guidelines**

Under the World Health Organization guidelines, adults over the age of 18 should accumulatively engage in 150 to 300 minutes of moderate intensity exercise or in 75 to 150 minutes of vigorous intensity exercise per week, most of which should be aerobic exercise. Doing so can generate enormous benefits to health. Fitness Walking is moderate intensity aerobic exercise, and members of the public may repeatedly engage in such exercise in multiple sessions, in a bid to improve their health and physical fitness.

### **Calories Consumption in Walking**

A weekly energy consumption of at least 2 000 calories through physical activities is suggested to enhance health and reduce the risk of cardiovascular disease. This can be achieved by burning off 1 000 calories through exercise and losing another 1 000 calories through leading an active lifestyle. In other words, you can meet this target by doing exercise that sheds 150 calories every day.

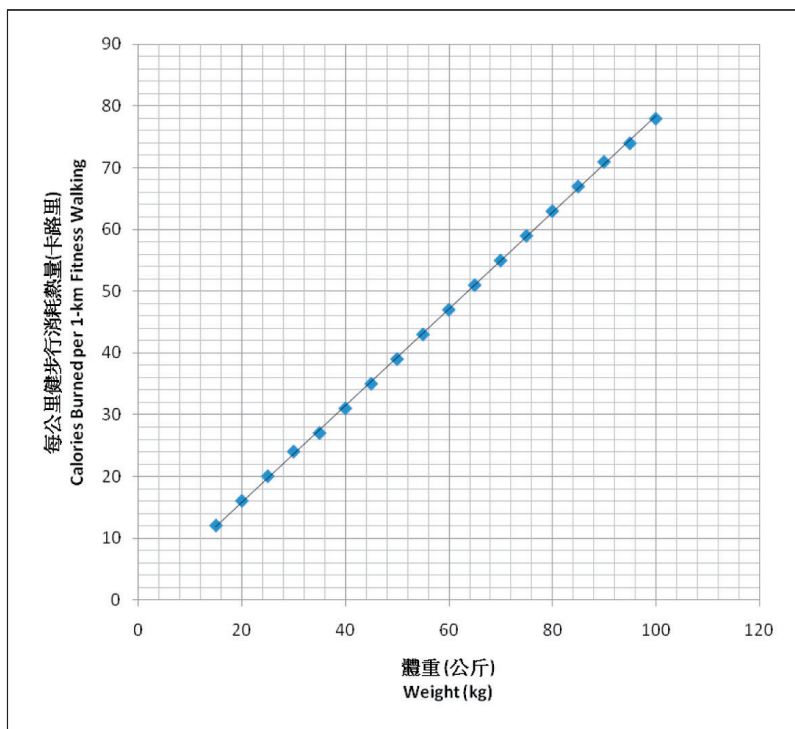
So, if you choose to burn your calories by walking, how far should you walk in order to reach the above target? The answer lies in your weight, which you have to take into account when calculating the amount of energy expended in walking a certain distance. According to the distance walked, you can work out your calories consumption by using the following formula:

$$\text{Calories consumption (calories)} = 47 \times \text{distance walked (km)} \times \text{weight (kg)} / 60$$



You can also refer to the figure below for the calories burned per kilometre of walking in relation to body weight.

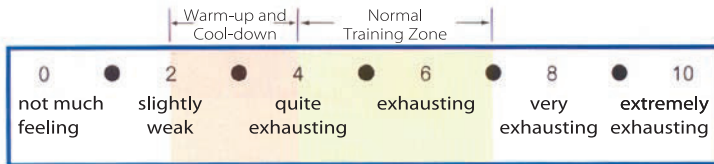
## Relationship between Body Weight and Calories Consumption through Fitness Walking



## Effects of Walking

You should feel your heart rate speeds up and your rate and depth of breathing increase while walking. You should also experience mild sweating but still be able to continue walking without feeling hard. You can assess the rating of perceived exertion to monitor your exercise intensity. The normal training zone lies between 4 and 7 on the scale.

Scale of the Rate of Perceived Exertion



Start by taking short walks and build up the distance gradually. Your breathing and heart rates should increase slowly. When walking at the right pace, you breathe faster but are still able to talk. Keep your breathing natural and adjust it as your walking intensity changes. If you want to increase the intensity of walking, simply walk with bigger and more rapid steps while maintaining your posture and breathing, and symmetry of movement. Those with chronic illness should seek medical advice before engaging in walking exercise.

## Walk 8 000 to 12 000 Steps Per Day Subject to Ages

You may use a traditional pedometer, smart watch, smart bracelet or mobile phone app to actively monitor the number of steps in daily life. Such tools mostly have the function of estimating calorie consumption. What one needs to do is simply enter data such as height and weight, and the total calorie consumption of fitness walking will be automatically calculated and clearly shown. In terms of the daily number of walking steps, children and youth are generally more active than adults. As a matter of fact, such a number will vary with different lifestyles. Sport scientists opined that children and youth must accumulatively walk at least 12 000 steps every day, while adults must accumulatively walk 8 000 to 10 000 steps every day, with a view to promoting health and strengthening bodies.





# Get Started for Fitness Walking

## 1. Right Concepts

- Know your physical conditions (especially those who are chronically ill).
- Walk progressively and set objectives for various stages (from light to heavy, from slow to quick, from short to long duration).
- Warm-up exercise is a must.
- Choose walking venues with care.
- Wear suitable gear.
- Walk at appropriate frequency.
- Walking tips:
  - Wait at least an hour after a full meal.
  - Do not walk on an empty stomach. Do not drink alcohol or smoke.
  - Do not eat immediately afterwards.
  - Walk in a safe venue. Do not walk on very uneven or wet surface.
  - Walk with a partner for mutual care.
  - Do not skip warm-up or cool-down exercises.

## 2. Basic Gear

### Choose a Right Pair of Sports Shoes

Wearing the proper sports shoes can protect the feet. For fitness walking fans, proper sports shoes can serve as a cushion by absorbing shock, help prevent sports injuries, and protect the feet. The feet are subject to forces that are 1.5 to 2 times of the body weight while walking. The forces increase to 2 to 3 and 3 to 4 times of the body weight for brisk walking and running respectively. A pair of proper sports shoes can reduce such forces and thus protect the feet.



## Composition of Sports Shoes

- Sole

One-third on the front should be stretchy to allow comfortable movement of the forefoot and minimise possible injuries to the tendons and toes. Make sure the whole sole is covered for enhanced stability during exercise.

The sole has three layers:

  - Insole for absorption of sweat, flexibility and breathability
  - Midsole for shock absorption
  - Outsole for durability and traction
- Upper

Made of synthetic nylon; lightweight
- Heel

For stability and protection of the heels, especially the Achilles tendon. Must have appropriate shock absorption function.
- Toe Box

Stretchy

## Wear Suitable Socks

Functions of socks:

- Protect the feet

During walking, the feet are constantly subject to impact forces. Wearing socks helps reduce the friction between the feet and the shoes.
- Protect the shoes

During walking, the feet sweat, and sweat trapped inside the shoes will cause hygiene problems.

## Sportswear Requirements

- Fits you well
- Allows free movement of the body
- Breathable
- Sweat-absorbent
- Stretchy



### Other Gear

- Water bottle
- Watch
- Towel
- Small waist bag
- Sun hat

## Warm-up Exercises

Generally speaking, ten minutes of warm-up is advisable for one hour of exercise. It is recommended to start with stepping on the spot and some joint exercises for two to three minutes, to be followed by stretching exercises for the lower limbs.



### Calf Stretch

Stand with one of your feet in front of the other. Bend the front knee and hold the back knee straight. Keep your heels flat on the ground. Put both hands on your front thigh. Hold the stretch for ten seconds.



### Quad Stretch

Raise and bend one of your legs. Grab the bent foot to stretch the quadricept. Hold the stretch for ten seconds.



### Standing Hamstring Stretch

Front leg stands straight with heel resting on the ground. Press the thigh of your front leg with one of your hands. Hold the stretch for ten seconds.



### Ankle Rotation

Rotate your ankles.






## Walking Posture

1. At moderate pace: Walk at a pace between casual walking and marathon running.







2. Foot movement: Walking and running are different. When running, both feet leap into the air and then land on the toes. When walking, the two feet never leave the ground at the same time. In other words, there is at least one foot on the ground at any time. The technique of walking lies on landing on the heel first. The sequence is heel, sole and then toes. When left and right feet are moved alternately to walk, you shift your weight correspondingly. For example, start by putting your weight on the right foot, step out the left foot and land on the heel, during which you shift half of your weight to the left foot. The weight is completely shifted to the left foot when your left sole lands flat on the ground. When you step out your right foot, you start to shift your weight again.



		
<p>When left heel lands on the ground, your weight begins to shift from the right to left foot.</p>	<p>When your left sole lands on the ground, your weight shifts to the left foot gradually. The right foot is then raised.</p>	<p>When you pull off your left toes from the ground, your weight shifts back to the right foot.</p>

3. Track of movement: Either foot should move forward on its own track to maintain a balance. Do not walk straightly like models do on the catwalk.

			
<p><b>Correct</b></p>	<p><b>Correct</b></p>	<p><b>Incorrect</b></p>	<p><b>Incorrect</b></p>



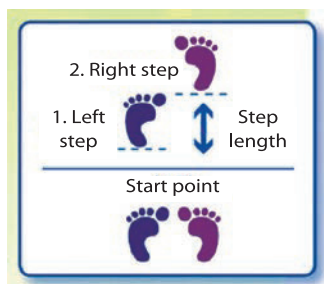
#### 4. Arm movement

When walking, keep both arms slightly bent and swing naturally as you walk. The normal rhythm is left foot up, right arm up and vice versa. As the pace of walking increases, you swing your arms more, but no more than 90 degrees.



#### 5. Step length

Step length varies with the pace of walking. The faster you walk, the bigger your steps are. The distance between landing one heel on the ground and then the other is known as the step length. The average step length in fitness walking ranges from 0.5m to 0.75m, depending on individual body size.



## Cool-down Exercises and Adjustment

After exercising, water loss must be replenished. If the weather is slightly cool, wear a jacket to avoid getting a cold. Cool-down stretching exercises, though very important, are always neglected. In fact, it is not advisable to bring our body to an abrupt halt after exercising. Do some stretching exercises to relax your muscles and calm down your body.



Drink water  
after exercising.



Do stretching  
exercises to relax  
the muscles.



## Fitness Walking Safety Tips

1. As individual health and fitness conditions vary, the intensity, duration and frequency of the exercise you choose should match your capability.
2. Walk consistently and persistently according to prescribed guidelines to make continuous progress towards achieving fitness goals. Those who do not exercise regularly should start fitness walking slow and easy, gradually building up the intensity, duration and frequency.
3. If you are unable to walk according to the guidelines mentioned here, do not overexert yourself. Seek professional advice first. If you feel unwell or have any negative reactions during or after walking, stop your training immediately and consult a doctor for help.
4. Wear suitable leisure sportswear and footwear.
5. Make sure you drink adequate water before, during and after fitness walking.
6. Walk in environments with suitable temperature and humidity. Avoid those with extreme temperatures.
7. Make sure you walk in venues that are safe and up to standard.





## Fitness Walking Tracks in 18 Districts (2022 Updated Version)

To encourage the public to engage more in “fitness walking”, the LCSD has designated 38 walking tracks in the 18 districts in the territory. Information on physical fitness and energy consumption is provided on every track for reference. It is hoped that the public will incorporate fitness walking into their daily life. They, particularly the inactive working population and middle-aged, are encouraged to engage in fitness walking for at least 30 minutes a day, making the first stride to a healthy life.

District	Walking Track	Total Length of Walking Track
Southern District	Ap Lei Chau Wind Tower Park	1 200m
Central & Western District	Sun Yat Sen Memorial Park to Central Pier No. 7	2 430m
	Central and Western District Promenade - Western Wholesale Food Market Section	400m
	Hong Kong Park	1 200m
Wan Chai District	Wan Chai Park	312m
	Bowen Road	3 000m
Eastern District	Chai Wan Park	440m
	Quarry Bay Park	1 300m
Sham Shui Po District	Lai Chi Kok Park	1 000m 600m
Yau Tsim Mong District	Kowloon Park	900m
	Tsim Sha Tsui Promenade	683m
Wong Tai Sin District	Po Kong Village Road Park	650m
	Ngau Chi Wan Park	290m 210m
Kwun Tong District	Laguna Park	500m
	Jordan Valley Park	856m
Kowloon City District	Kowloon Tsai Park	800m
	Kowloon Walled City Park & Carpenter Road Park	1 800m





District	Walking Track	Total Length of Walking Track
Tai Po District	Tai Po Waterfront Park	517m 480m
	Mui Shue Hang Playground	1 600m
Sai Kung District	Sai Kung Promenade	1 536m
	Po Hong Park	250m
	Po Tsui Park	750m 566m
	Tseung Kwan O Waterfront Park & Tseung Kwan O Promenade	1 100m 2 800m
Sha Tin District	Sha Tin Park	1 500m 950m 610m
	Ma On Shan Park	920m 630m 450m
	Ma On Shan Promenade	3 223m
Tuen Mun District	Tuen Mun Park, Wu Shan Riverside Park & Wu Shan Recreation Playground	2 032m
Yuen Long District	Yuen Long Park	800m
	Tin Shui Wai Park	800m
	Tin Shui Road Park	280m
North District	North District Park	900m 570m 460m
	Pak Fuk Tin Sum Playground	1 600m 1 000m 550m
Tsuen Wan District	Shing Mun Valley Park	800m
	Tsuen Wan Park	2 100m
Kwai Tsing District	Tsing Yi Park	1 200m 800m
	Tsing Yi Promenade	1 250m
Islands District	Cheung Chau Sports Ground	250m
	Tung Chung North Park & Man Tung Road Park	1 200m

For details of the fitness walking tracks, please refer to our website on fitness walking.  
(<https://www.lcsd.gov.hk/en/fitnesswalking/index.html>)



## 備忘 Notes



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## Notes





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