

Always check with doctor before starting any new physical activity program or increasing activity level.

Shoes

Shoes are the most important accessory and runners and walkers should have a good pair designated for their activity.

There should be plenty of room in the toe area, have a flexible sole, a comfortable fit, and they should support the arch.

Socks

When trying on shoes, make sure to wear the same type of socks when walking, to get a good fit.

Rather than wearing an all-cotton sock, consider getting socks made of cool max or some other wicking material.

Clothing

Clothing should be comfortable. Fabrics that have wicking characteristics work best because they repel moisture and will keep you dry.

Dress for the weather and wear layers of clothing because it is easier to remove excess clothing.

Bring along sunglasses, sunscreen, a hat and insect repellent.