



## Couch to 5K Tip Sheet Week 1

Let's start with simple.



### **Start with walking.**

Though some people dismiss “walk” as a four-letter word, it is the most effective way to develop the fitness you need to start running comfortably—without getting hurt.



### **Keep it brisk.**

Walking puts your legs and arms through the same general range of motion as running, but without the same impact on your bones and joints. The walk should be brisk—not a race walk, but not a window-shopping walk either



### **It's all about the shoes.**

But the most important investment runners should make is in a good pair of running shoes — not cross-training, walking, or tennis shoes.

Local shoes stores that will fit the shoe to your feet include [Striders](#), [Peak Performance](#), and the [Salt Lake Running Company](#).

Employees here will analyse your gait and will fit a shoe specific to you.

Remember to return all three months of tracking sheets to [wellness@weber.edu](mailto:wellness@weber.edu) or MC 3501 by April 19, 2019

