



JEFF & BARBARA
GALLOWAY

WALKING: **A COMPLETE** **GUIDE FOR WOMEN**



- DETAILED TRAINING PLANS
- FAT-BURNING AND MOTIVATIONAL TIPS
- 7-DAY MEAL PLAN



While most of the principles of physiology and training apply to men and women alike, there are some significant gender differences. Men tend to have larger and stronger muscles, more testosterone and stronger bones than women. Women have wider/flexible hips and greater fat storage. After coaching many women for over 30 years, we've found that women exercisers have more patience, tend to be more aware of the changes (especially hormonal) in their bodies, place great value in long-term health, and are more likely to back off before the aches and pains become injuries. In this chapter, we will address the problems that only women face.

Movement of internal organs

There is no evidence that walking or even running will cause the internal organs to

move around and be damaged. Experts believe that our ancient ancestors regularly covered thousands of miles every year — probably more than most Olympic athletes today. Some who study this period of primitive human history believe that women made these constant journeys while pregnant or when carrying young children.

Breast issues

Some women are concerned that strenuous exercise can break down breast tissue. I've seen no evidence for this in any research nor has it been noted by any expert in this field. There are support and chafing issues that are managed daily by millions of women exercisers. Larger breasted women may have a tendency to walk with a slight forward lean, which can produce lower back and neck muscle fatigue and pain.

The postural muscle exercises suggested in this book can help in managing this problem.

Bras

This piece of exercise equipment is just as important as shoes for comfort and walking enjoyment (maybe more so) for most women. If the shoes and bra are not selected for your specific needs, you won't be very comfortable and can be miserable when you walk. You will gain a great deal of control over your comfort during exercise when you take as much time as necessary to select the model that supports you best and is comfortable. Be prepared to pay significantly more than you would pay for your everyday bra. Remember that bras usually last a lot longer than shoes.

- There are a growing number of bras

(based on cup sizes) designed for specific types of exercise. Enell, Moving Comfort, Champion, and Nike are just a few brands.

- Many of the well-constructed “workout bras” are not supportive for some walkers. The elastic in these products (for twisting and extraneous motion in tennis, pilates, etc.) allows for significant bouncing and stress when walking at a brisk pace.
- Comfort: Look first at the fibers next to your body. The micro fibers can move moisture away from your skin. This can greatly reduce chafing (see next section).

A & B Cups: Women who wear these sizes can often find support with an elastic compression bra. There will still be some movement during exercise and sometimes some skin irritation (particularly on long