

6-Week Guide to HEALTHY WALKING

According to the American College of Sports Medicine, just 30 minutes, five days per week of moderate exercise can improve health and reduce the risk of many diseases. This six-week program is for the beginner exerciser who wants to improve his or her overall health and increase energy. The program starts with walking just 10 minutes or less per day and gradually works up to you walking 30 minutes or more per day. Any other aerobic activity such as cycling, swimming, running, aerobics, rowing, stairclimbing, etc. may be substitutes for walking if you prefer. Always consult your physician prior to starting any exercise program.

Don't worry about the distance or pace you are walking for the first few weeks. Simply focus on completing your workouts. Over the course of the program, try to increase your pace and intensity slightly higher, but go as long as you comfortably can. Each week, you will increase your workout time by a few minutes until you can work continuously for 30 minutes. Pick which days of the week work best for you and your schedule. Always start your walk at an easy warm-up pace for 3-5 minutes. Remember to rest when necessary.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|--|---|----------------------|---|-----------------------------------|--------|
| WEEK 1 | Easy walk: 5-10 min | (optional) Easy walk: 5-10 min | Easy walk: 5-10 min | Easy walk:10-15 min | REST | (optional) Easy walk:15-20 min | REST |
| WEEK 2 | Easy walk:5-10 min Brisk walk:5-10 min | (optional) Easy walk: 10-15 min | Easy walk: 5-10 min Brisk walk: 5-10 min | Easy walk: 10-15 min | REST | Easy walk: 15-20 min | REST |
| WEEK 3 | Easy walk:10-15 min Brisk walk: 5-10 min | Easy walk:15-20 min | Easy walk:10-15 min Brisk walk: 5-10 min | Easy walk: 15-20 min | REST | Easy walk: 20-25 min | REST |
| WEEK 4 | Easy walk:10-15 min Brisk walk: 5-10 min | Easy walk: 15-20 min | Easy walk:10-15min Brisk walk: 5-10 min | Easy walk: 15-20 min | REST | Brisk walk:20-25 min | REST |
| WEEK 5 | Easy walk:10-15 min Brisk walk:10-15 min | Easy walk: 25-30 min | Easy walk:10-15 min Brisk walk:10-15 min | Brisk walk:25-30 min | *Alternate activity of your choice: Go dancing, rake leaves, etc. for 20 min or more. | Easy walk: 25-30 min | REST |
| WEEK 6 | Easy walk:15-20 min Brisk walk:10-15 min | Alternate activity of your choice for 20-30 minutes at an easy pace. | Easy walk: 30-35 min | Brisk walk:25-30 min | REST | Easy walk: 25-30 min | REST |

EASY WALK: Slower pace that feels like you can maintain for hours. Easy to breathe and carry a conversation.

BRISK WALK: Faster pace. You are breathing heavily but can hold SHORT conversation.

There are 1440 minutes in every day...Schedule 30 of them for physical activity.

*Adapted from the American Heart Association Learn and Live program.