



## A Sample Walking Program

Experts recommend walking briskly on most days. Aim for a total of 150 or more minutes a week. Walking programs can help you reach this goal by gradually increasing the frequency and time you walk. Try this walking program:

### First Week

- Walk 5 times a week.
- Walk for 5 minutes each time.

### Second Week

- Walk 5 times a week.
- Walk for 10 minutes each time.

### Third Week

- Walk 5 times a week.
- Walk for 15 minutes each time.

### Fourth Week

- Walk 5 times a week.
- Walk for 20 minutes each time.

### Fifth Week

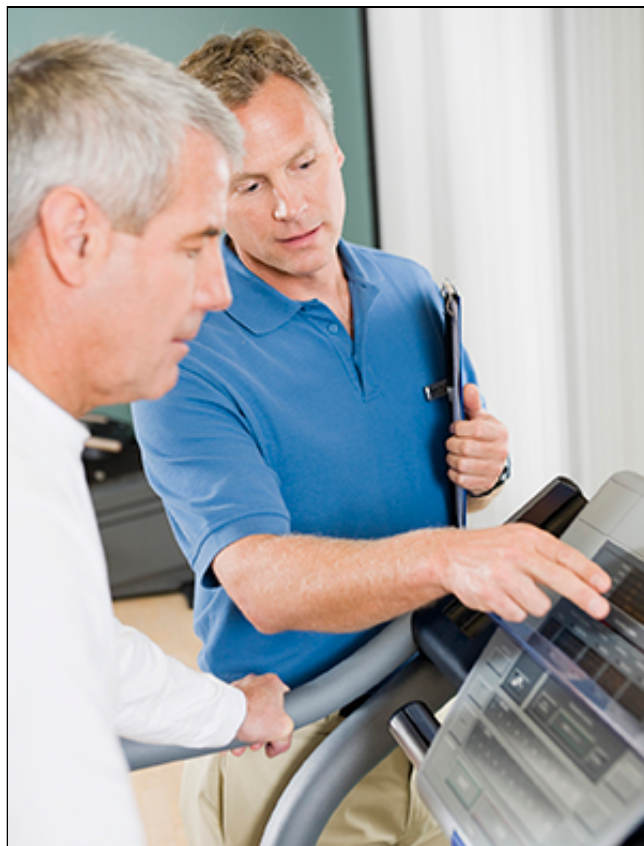
- Walk 5 times a week.
- Walk for 25 minutes each time.

### Sixth Week and Beyond

Gradually increase your minutes of walking each time, and your number of times each week, until you reach 30 minutes, 5–7 days of the week.

### Tips for Getting the Most from Your Walking Program

- Walk briskly. If you can sing, speed up. If you can't talk easily, slow down.
- Choose good walking shoes with padded soles and good arch support.
- Don't use hand or ankle weights. They can cause injuries.
- Walk indoors if weather is bad. Use a treadmill or walk inside a shopping mall



Before you start walking, check with your healthcare provider if you are new to exercise, over 40, overweight, or a smoker; or if you have heart disease, high blood pressure, diabetes, arthritis, asthma, or any other medical condition that concerns you. Your healthcare provider can help you get started.

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