



Take the first step toward
good health...

walk!



Walking Tips

- Always warm up. Walk slowly for 3-5 minutes before exercise.
- Choose comfortable shoes with flexible soles and good arch and heel support.
- Walk on sidewalks where available; if walking on the street, face traffic and cross intersections carefully.
- Always cool down. Walk slowly for 3-5 minutes after exercise.
- Follow the cool down with 10 minutes of stretching.
- HAVE FUN!

Chest
Lift chest.

Arms
Keep arms bent at 90° angles.

Stomach
Keep abdominals gently pulled in.

Knees
Keep knees soft.

Back Foot
Roll back foot along the ground and push off with your toes.

Head
Keep head up with eyes looking forward.

Back
Keep back straight with a tall posture.

Buttocks
Keep buttocks tucked under.

Front Foot
Plant front foot heel first.



Monthly Walking Log

Month: _____

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
Week 2	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
Week 3	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
Week 4	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
Week 5	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance

Sample Walking Program

Level	Time	Days	Goals
1	15 Minutes	5 Days	Walk 0.5 miles in 15 minutes.
2	25 Minutes	5 Days	Walk 1 mile in 25 minutes.
3	33 Minutes	5 Days	Walk 1.5 miles in 33 minutes.
4	40 Minutes	5 Days	Walk 2 miles in 40 minutes.
5	45 Minutes	5 Days	Walk 2.5 miles in 45 minutes.
6	45 Minutes	5 Days	Walk 3 miles in 45 minutes.

Always talk to your doctor before starting any exercise program.

When you consistently reach the goal for a level, you are ready to move to the next level.