

## A Sample Walking Program

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

**Week 1:** Try to walk **5** times a week for **5** minutes each time.

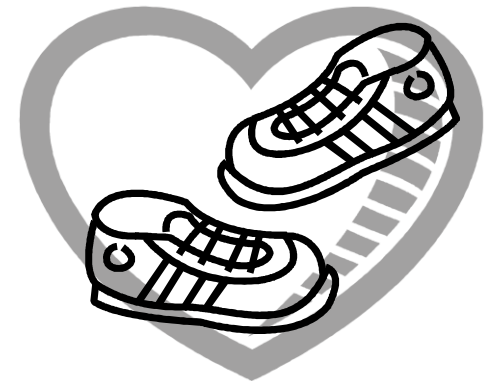
**Week 2:** Try to walk **5** times a week for **10** minutes each time.

**Week 3:** Try to walk **5** times a week for **15** minutes each time.

**Week 4:** Try to walk **5** times a week for **20** minutes each time.

**Week 5:** Try to walk **5** times a week for **25** minutes each time.

**Week 6+:** Try to walk at least **5** times a week for **30** minutes each time. Your goal is now to walk **30** minutes a day **every day**.



### **Tips:**

- Make sure you are walking 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. Most sneakers will do.
- Don't use hand or ankle weights. They can cause injuries.
- Walk indoors if weather is bad. Rain is no excuse to ruin your hard work.