

# HEALTHFUL TIPS

## Ready, Set, Go! Walk to Better Health

Walking is a great form of exercise for most people. It's easy, inexpensive, and it can be done almost anywhere. All you need is a good pair of walking shoes and a dose of motivation. Benefits include increased energy and stamina, stronger bones, lower blood pressure and improved weight management.

Start with short distances and slowly add time as you build your strength and endurance. Consistency is key, so plan to walk 5-7 days a week, especially in the beginning when you are getting the habit firmly in place.

**A few things to keep in mind:**

- If you have a medical condition, check with your doctor before starting a walking program.
- Stay hydrated by drinking water before, during and after walking.



- Watch your posture and walk tall with your head up and eyes forward, shoulders down, back and relaxed.
- Expect to be sore, but if you experience pain, see your doctor.

Slowly add more time and distance into your walking program so that you are able to walk 5-7 days a week for 40-60 minutes. Just follow the schedule below and you'll be there in no time at all.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min