

Sample Walking Program

| | Warm-up | Exercising | Cool-down | Total Time |
|-----------|----------------------|--------------------------|-----------------------------|------------|
| Week 1 | | | | |
| Session A | Walk 5 min | Then walk briskly 5 mins | Then walk more slowly 5 min | 15 mins |
| Session B | Repeat above pattern | | | |
| Session C | Repeat above pattern | | | |

Continue with at least 3 exercise sessions during each week of the program.
 You may need to repeat Week 1 several times before feeling comfortable enough to move on.
 Each week can be repeated before moving on. Check the box when each week is complete.

| | | | | | |
|-------------|-------------|----------------------|-------------|---------|--------------------------|
| Week 2 | Walk 5 mins | Walk briskly 7 mins | Walk 5 mins | 17mins | <input type="checkbox"/> |
| Week 3 | Walk 5 mins | Walk briskly 9 mins | Walk 5 mins | 19 mins | <input type="checkbox"/> |
| Week 4 | Walk 5 mins | Walk briskly 11 mins | Walk 5 mins | 21 mins | <input type="checkbox"/> |
| Week 5 | Walk 5 mins | Walk briskly 13 mins | Walk 5 mins | 23 mins | <input type="checkbox"/> |
| Week 6 | Walk 5 mins | Walk briskly 15 mins | Walk 5 mins | 25 mins | <input type="checkbox"/> |
| Week 7 | Walk 5 mins | Walk briskly 18 mins | Walk 5 mins | 28 mins | <input type="checkbox"/> |
| Week 8 | Walk 5 mins | Walk briskly 20 mins | Walk 5 mins | 30 mins | <input type="checkbox"/> |
| Week 9 | Walk 5 mins | Walk briskly 23 mins | Walk 5 mins | 33 mins | <input type="checkbox"/> |
| Week 10 | Walk 5 mins | Walk briskly 26 mins | Walk 5 mins | 36 mins | <input type="checkbox"/> |
| Week 11 | Walk 5 mins | Walk briskly 28 mins | Walk 5 mins | 38 mins | <input type="checkbox"/> |
| Week 12 | Walk 5 mins | Walk briskly 30 mins | Walk 5 mins | 40 mins | <input type="checkbox"/> |
| Week 13 on: | | | | | |

Gradually increase your brisk walking time to 30-60 minutes, three or four times a week.
 When you are ready to add specific stretches and strength training into your routine, please talk to the LBD PCN Exercise Specialist.

Walking Tips

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.
- Wear proper, supportive footwear.
- Have a backup plan in case the weather turns bad, ie. indoor walking track, mall, etc.