

Sample Walking Program

Walking is a great way to improve your general health and fitness. If you are starting to walk after a time when you have not been active, a walking program can help!

How do I start?




- Always check with your physician before starting a new physical activity
- When starting a walking program, pick a route that is flat
- Wear loose comfortable clothing and supportive footwear
- Always carry water with you
- Use a watch or pedometer to keep track of your walk

How much should I walk?

- Start with at least 3 walking sessions during each week of the program
- You can get benefits from walking just 10 minutes at one time!
- To improve your health, slowly work up to at least 30 minutes of walking a day: five or more days of the week
- Going slower and longer is more important than going faster

How do I make sure that I am walking safely?

- Always WARM UP and COOL DOWN by walking slowly for 5 minutes
- Exercise should always feel comfortable (TALK TEST)
- Do not exercise if you feel unwell

The Talk Test	
Your walking effort is just right if: ✓ you can walk and talk at the same time ✓ you break a light sweat ✓ you feel a little warm ✓ you are breathing deeper than usual but not gasping for air	
You are working too hard if: ✗ You are unable to talk comfortably SLOW DOWN OR STOP	
You are not working very hard if: ✗ You can sing	

More on Side 2



Interior Health

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Vascular Improvement Program
 PUT YOUR HEART INTO IT

How do I keep on walking?

- Go for a walk during a break
- Park further away from the store
- Find a walking partner
- Set weekly goals using a calendar or log record
- Find new routes or map your walk on websites such as www.mapmywalk.com

SAMPLE WALKING PROGRAM

Before you Start:

- The amount of time you should walk will depend upon your personal health
- This is a guide only. Please consult with your health care professional

How to Get Started and Keep Going:

- Start with 3 walks for the first week, then
- Keep going with at least 3 walks during each week of the program
- A log record can help you to keep track of your walks

WEEK	WARM UP (Walk slowly)	WALK	COOL DOWN (Walk Slowly)	TOTAL TIME
WEEK 1	5 Minutes	5 Minutes	5 Minutes	15 Minutes
WEEK 2	5 Minutes	7 Minutes	5 Minutes	17 Minutes
WEEK 3	5 Minutes	9 Minutes	5 Minutes	19 Minutes
WEEK 4	5 Minutes	11 Minutes	5 Minutes	21 Minutes
WEEK 5	5 Minutes	13 Minutes	5 Minutes	23 Minutes
WEEK 6	5 Minutes	15 Minutes	5 Minutes	25 Minutes
WEEK 7	5 Minutes	18 Minutes	5 Minutes	28 Minutes
WEEK 8	5 Minutes	20 Minutes	5 Minutes	30 Minutes
WEEK 9	5 Minutes	23 Minutes	5 Minutes	33 Minutes
WEEK 10	5 Minutes	26 Minutes	5 Minutes	36 Minutes
WEEK 11	5 Minutes	28 Minutes	5 Minutes	38 Minutes
WEEK 12 and beyond!	5 Minutes	30 Minutes	5 Minutes	40 Minutes

Sample Walking Program adapted from the National Heart, Lung and Blood Institute (www.nhlbi.nih.gov) and “Exercise Your Way To A Healthier Heart”, Merck Frosst.