

"Just Starting" Walking Routine : Each day this week, perform the recommended activity. Modify the routine if needed. Some days have two routines, try to do one in the morning and one in the afternoon or evening. You can combine them into one session.

MONDAY		
Total 12 min.	Walk Pace	Feels Like
6 MIN: 0-5:59	Warm-up	Easy stroll
3 MIN: 6:00-8:59	Revved pace	Brisk stroll, "somewhat hard"
3 MIN: 9:00-11:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average.

TUESDAY		
Total 12 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
4 MIN: 5:00-8:59	Revved pace	Brisk stroll, "somewhat hard"
3 MIN: 9:00-11:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average.

WEDNESDAY		
10 min. TWICE Today	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, "somewhat hard"
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down
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5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, "somewhat hard"
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average.

THURSDAY		
Total 15 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Revved pace	Brisk stroll, "somewhat hard"
2 MIN: 6:00-7:59	Warm-up	Easy stroll
1 MIN: 8:00-8:59	Race pace	Pumping faster, "working harder"
2 MIN: 9:00-10:59	Warm-up	Easy stroll
1 MIN: 11:00-11:59	Race pace	Pumping faster, "working harder"
3 MIN: 12:00-14:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average.

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Week 1 : ...Continued from page 1...

FRIDAY		
10 min. TWICE Today	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Race pace	Pumping faster, “working harder”
4 MIN: 6:00-9:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average.

SATURDAY		
Total 15 min.	Walk Pace	Feels Like
6 MIN: 0-5:59	Warm-up	Easy stroll
1 MIN: 6:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 7:00-8:59	Warm-up	Easy stroll
30 SEC: 9:00-9:29	Roarin’ pace	Pushing it, “very hard”
2 MIN: 9:30-11:29	Warm-up	Easy stroll
30 SEC: 11:30-11:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 12:00-14:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average.

SUNDAY		
12 min. TWICE Today	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 6:00-7:59	Warm-up	Easy stroll
1 MIN: 8:00-8:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 9:00-11:59	Recovery walk	Easier, cooling down
6 MIN: 0-5:59	Warm-up	Easy stroll
1 MIN: 6:00-6:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 7:00-11:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average.

*If any routine is too vigorous, back up to an earlier week or routine and do not progress until you feel fit enough to do so. Slow down, shorten or stop the workout if you need to. If you experience pain or dizziness at any point, slow down or stop. This diet and exercise program should not be followed without first consulting a health care professional. If you have any special health conditions requiring attention, you should consult with your health care professional regularly regarding possible modification of this program.