

**“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 16 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
3 MIN: 5:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 8:00-8:59	Warm-up	Easy stroll
3 MIN: 9:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 12:00-12:59	Warm-up	Easy stroll
3 MIN: 13:00-15:59	Recovery walk	Easier, cooling down

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

TUESDAY		
Total 14 min.	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”
1 MIN: 7:00-7:59	Warm-up	Easy stroll
2 MIN: 8:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 10:00-10:59	Warm-up	Easy stroll
3 MIN: 11:00-13:59	Recovery walk	Easier, cooling down

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

WEDNESDAY		
Total 26 min. (10, 16 min.)	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Race pace	Pumping faster, “working harder”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down
<hr/>		
5 MIN: 0-4:59	Warm-up	Easy stroll
3 MIN: 5:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 8:00-8:59	Race pace	Pumping faster, “working harder”
3 MIN: 9:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 12:00-12:59	Race pace	Pumping faster, “working harder”
3 MIN: 13:00-15:59	Recovery walk	Easier, cooling down

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

**“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.

**Week 3 :** ...Continued from page 1...

<b>THURSDAY</b>		
<b>Total 15 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
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 1,500 extra steps beyond your average.

<b>FRIDAY</b>		
<b>Total 28 min. (16, 12 min.)</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 6:00-8:59	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”
4 MIN: 12:00-15:59	Recovery walk	Easier, cooling down
<b>FRIDAY (Continued)</b>		
4 MIN: 0-3:59	Warm-up	Easy stroll
1 MIN: 4:00-4:59	Race pace	Pumping faster, “working harder”
1 MIN: 5:00-5:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 6:00-6:59	Race pace	Pumping faster, “working harder”
1 MIN: 7:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 8:00-11:59	Recovery walk	Easier, cooling down

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

**“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.

**Week 3 :** ...Continued from page 2...

<b>SATURDAY</b>		
<b>Total 16 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
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
30 SEC: 8:00-8:29	Roarin’ pace	Pushing it, “very hard”
2 MIN: 8:30-10:29	Warm-up	Easy stroll
30 SEC: 10:30-10:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 11:00-15:59	Recovery walk	Easier, cooling down

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

<b>SUNDAY</b>		
<b>Total 19 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
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”
2 MIN: 9:00-10:59	Warm-up	Easy stroll
1 MIN: 11:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 12:00-13:59	Warm-up	Easy stroll
1 MIN: 14:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 15:00-18:59	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.