

## Sample Walking Schedule

| Week 1                                                                                                                                                                            | Warmup                | Exercising           | Cool Down              | Total Time |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|----------------------|------------------------|------------|
| Session A                                                                                                                                                                         | Walk 5 min.           | Walk briskly 5 min.  | Walk more slowly 5 min | 15 min.    |
| Session B                                                                                                                                                                         | Repeat above pattern. |                      |                        |            |
| Session C                                                                                                                                                                         | Repeat above pattern. |                      |                        |            |
| Continue with at least three exercise sessions during each week of the program.                                                                                                   |                       |                      |                        |            |
|                                                                                                                                                                                   | Warmup                | Exercising           | Cool Down              | Total Time |
| Week 2                                                                                                                                                                            | Walk 5 min.           | Walk briskly 7 min.  | Walk 5 min.            | 17 min.    |
| Week 3                                                                                                                                                                            | Walk 5 min.           | Walk briskly 9 min.  | Walk 5 min.            | 19 min.    |
| Week 4                                                                                                                                                                            | Walk 5 min.           | Walk briskly 11 min. | Walk 5 min.            | 21 min.    |
| Week 5                                                                                                                                                                            | Walk 5 min.           | Walk briskly 13 min. | Walk 5 min.            | 23 min.    |
| Week 6                                                                                                                                                                            | Walk 5 min.           | Walk briskly 15 min. | Walk 5 min.            | 25 min.    |
| Week 7                                                                                                                                                                            | Walk 5 min.           | Walk briskly 18 min. | Walk 5 min.            | 28 min.    |
| Week 8                                                                                                                                                                            | Walk 5 min.           | Walk briskly 20 min. | Walk 5 min.            | 30 min.    |
| Week 9                                                                                                                                                                            | Walk 5 min.           | Walk briskly 23 min. | Walk 5 min.            | 33 min.    |
| Week 10                                                                                                                                                                           | Walk 5 min.           | Walk briskly 26 min. | Walk 5 min.            | 36 min.    |
| Week 11                                                                                                                                                                           | Walk 5 min.           | Walk briskly 28 min. | Walk 5 min.            | 38 min.    |
| Week 12                                                                                                                                                                           | Walk 5 min.           | Walk briskly 30 min. | Walk 5 min.            | 40 min.    |
| Gradually increase your brisk walking time to 30 to 60 minutes, four to five (or more) sessions a week. Your goal is to get the benefits you are seeking and enjoy your activity. |                       |                      |                        |            |

## Walking Tips

- Hold your head up and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Source: National Heart, Lung, and Blood Institute. The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults.