

12-WEEK WALKING PROGRAM



WEEK	WARM UP	EXERCISE	COOL DOWN	AEROBIC MINUTES	TOTAL TIME
1	Stretch; Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes; Stretch	5 minutes	15 minutes
2	Stretch; Walk slowly 5 minutes	Walk briskly 7 minutes	Walk slowly 5 minutes; Stretch	7 minutes	17 minutes
3	Stretch; Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes; Stretch	9 minutes	19 minutes
4	Stretch; Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes; Stretch	11 minute	21 minutes
5	Stretch; Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes; Stretch	13 minutes	23 minutes
6	Stretch; Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes; Stretch	15 minutes	25 minutes
7	Stretch; Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes; Stretch	18 minutes	28 minutes
8	Stretch; Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes; Stretch	20 minutes	30 minutes
9	Stretch; Walk slowly 5 minutes	Walk briskly 23 minutes	Walk slowly 5 minutes; Stretch	23 minutes	33 minutes
10	Stretch; Walk slowly 5 minutes	Walk briskly 25 minutes	Walk slowly 5 minutes; Stretch	25 minutes	35 minutes
11	Stretch; Walk slowly 5 minutes	Walk briskly 28 minutes	Walk slowly 5 minutes; Stretch	28 minutes	38 minutes
12	Stretch; Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes; Stretch	30 minutes	40 minutes

**Other aerobic activities can be substituted for walking, such as cycling, swimming or running.*

***Check with your health care provider before starting an exercise program.*

The Surgeon General Report on Physical Activity and Health recommends that every American Adult should accumulate 30 minutes of more of moderate intensity physical activity over the course of most days of the week. Activities such as walking, gardening, or raking leaves may be done in 10-minute sessions for a total of 30 minutes per day.

Something is better than nothing and more is better than less. People who are usually inactive can achieve health benefits by becoming even moderately active on a regular basis. However, greater health gains can be made by increasing the amount (frequency, intensity or duration) of physical activity.