



# 8 WEEK WALKING PROGRAM

Walking is one of the safest and most enjoyable ways to take steps towards a healthier you. The benefits of walking are many and include helping you reduce your risk of chronic diseases such as high blood pressure, heart disease or type 2 diabetes, as well as reduce the impact of joint and bone degenerative diseases such as osteoporosis and arthritis. It can also help lower feelings of anxiety and depression, all while helping you manage stress better.

For older adults, achieving 150 minutes of physical activity per week can help you live a longer life, improve your fitness, maintain muscle strength and flexibility, and ensure good bone health. Walking will help you feel better mentally and will have an impact on your overall quality of life.

## GUIDELINES AND TIPS:



### GET STARTED

- ✓ Before you start any new type of physical activity, check with your doctor or health professional to see if it is right for you.
- ✓ The right shoes and clothing are very important. Choose comfortable, low or no heeled shoes with non-skid soles. Clothing should allow easy movement of arms and legs. Wear layers so you can regulate your temperature during activity.



### SET GOALS

- ✓ Goal setting is an important part of sticking with a plan. Be realistic and don't get discouraged by setbacks. Set daily goals that you can reach and that will keep you motivated.
- ✓ Try using a pedometer, a mobile phone app or another wearable device to track your steps and set new goals.



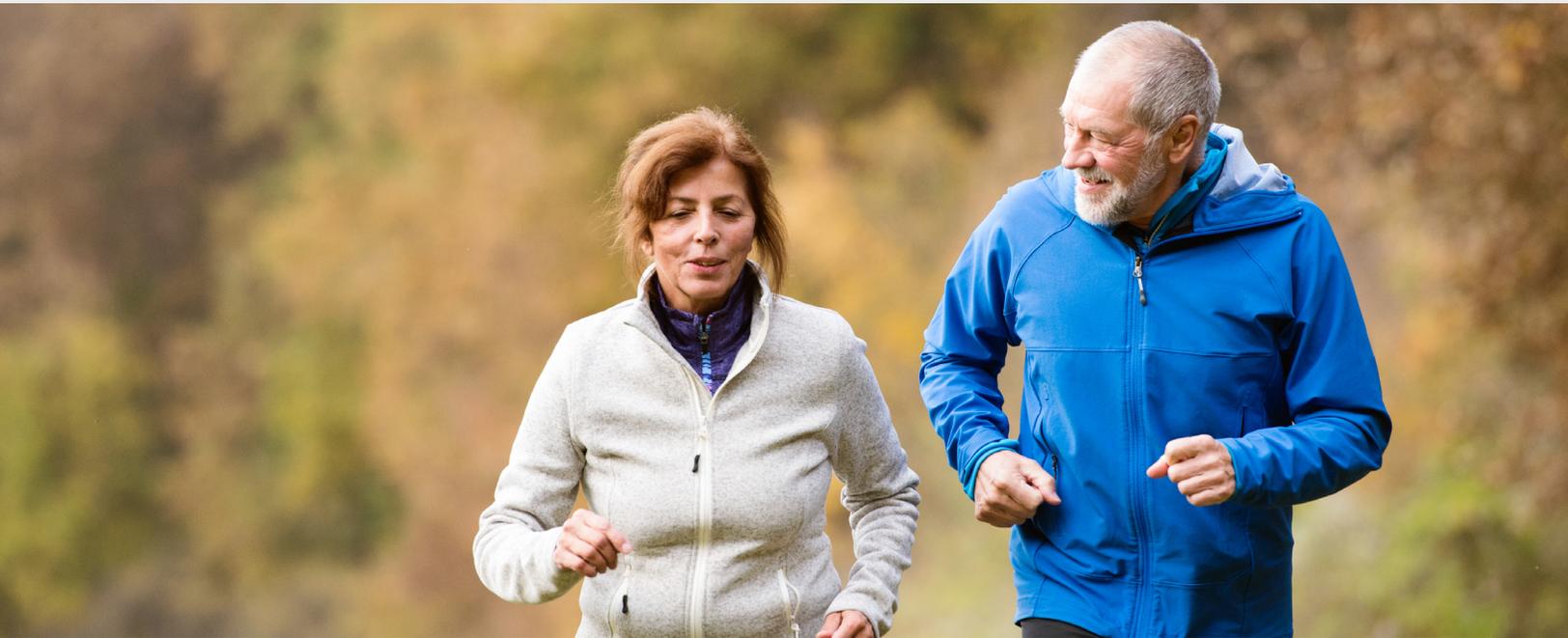
### BE SAFE

- ✓ Pick places to walk with an even, soft surface and where there are not a lot of objects in the way. And if you're walking in the evening, be sure to wear reflective gear. Finally, drink plenty of water when you exercise (unless your doctor has asked you to limit fluids).
- ✓ Choose to walk indoors when weather conditions make it difficult or unsafe. Malls or community centres can be great places to walk and often have walking groups that you can join.



### STAY MOTIVATED

- ✓ Start slowly, gradually building your speed and increasing your distance.
- ✓ Find a walking partner or group. The encouragement of others will help keep you motivated. If you've made a date to go walking with a friend, you are more likely to keep it if you know someone else is depending on you.



## 8 WEEK BEGINNER WALKING PROGRAM

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	15 min	Rest	Rest	15 min	Rest	Walk 15 min or Rest	20min
2	15 min	Rest	15 min	Rest	15 min	Walk 15 min or Rest	20 min
3	20 min	Rest	20 min	Rest	20 min	Walk 15 min or Rest	25 min
4	20 min	Rest	20 min	Rest	20 min	15 min	25 min
5	25 min	Rest	25 min	Rest	25 min	Walk 15 min or Rest	30 min
6	25 min	Rest	25 min	Rest	25 min	20 min	30 min
7	30 min	Rest	30 min	Rest	30 min	20 min	35 min
8	30min	Rest	30 min	Rest	30 min	30 min	30 min

This program is intended as a guide only. Adjust to your ability level. Before starting this or any physical activity program, check with your doctor/health professional.