

JUST WALK - 8 Week Walking Plan



WHY WALK?

It is the gold standard of exercise. Easy.

Uses close to 200 muscles

Benefits of Walking:

- | | |
|--------------------------|-------------------------|
| Provides Energy | Helps with weight loss |
| Tones Muscles | Improves sleep |
| Can start anytime | Strengthens bones |
| Aids in stress reduction | Improves Blood Pressure |
| Can do it with friends! | |

TIPS:

Make a schedule and stick to it

If you get off track start back where you left out

Goal: To walk 5-6 times a week 30-60 minutes a day but don't worry we will start slowly

Do It with Time

You will gradually increase your walking speed and time

Warm Up and Cool Down 3-5 minute walk

Weeks	Plan	Weeks	Plan
1	15 mins 3x/week	5	40 mins 5x/week
2	15 mins 4x/week	6	50 mins 6x/week
3	20 mins 4x/week	7	50 mins 5x/week
4	30 mins 5x/week	8	60 mins 6x/week

Do it with Steps

- | | |
|--------------|-----------------------|
| 2,000 steps | 1 mile |
| 8000 steps | 5K (3.1 miles) |
| 10,000 steps | 5 miles |
| 24,000 steps | 10 miles |
| 57,000 steps | 26.2 miles (marathon) |

Make your goal 5 miles a day

120 steps/minute = 3 mph
150 steps/minute = 4.5 mph

Tips to add steps daily

- | | | |
|---------------------------------|---|-------------------|
| Park far from door | Walk for local errands – post office, grocery store | Walk after meals |
| Take stairs instead of elevator | Walk during television shows | Walk every hour |
| Walk while talking on the phone | Walk around mall with a friend | Do a walk meeting |

Step Counters

- Pedometer – as low as 25 cents online
- Fitbit – Sync to MyFitnessPal, Interact with friends, Do fun challenges
- Phone Step Apps – Available on both iPhone and Android
- Jawbone, Garmin and Many More



Free Walking Videos Available on YouTube

- “Start! Walking at Home” Leslie Sansone with American Heart Association
- “3 Fast & Fun Miles” 3 mile walk at home Leslie Sansone
- “iWalk strong 3 mile walk at home” (Can add resistance bands)
- “Burn Body Fat 2 Mile” - 30 Minute Workout
- Any many many more!

Walking Posture

- Chin up, eyes forward
- Shoulders back
- Back straight
- Arms bent comfortably by your sides, it is okay to swing
- Forward foot rolling through the step from heel to toe

Stretching Exercises

Stretching is important for avoiding muscle injury, strains, and increasing flexibility.

Perform the following stretches daily: Hold each for 30-40 seconds.

Leg Stretch

Standing straight up bend over to touch both toes. Go as far as you can and hold for 30-40 seconds. Alternate to reach for 1 foot then the opposite foot.

Stretch Quadriceps

Standing straight up reach your hand behind you and reach for your foot. Pull your foot up toward your buttocks. Balance your weight on the opposite foot. Feel the stretch across the front of your thigh.

Hamstring Stretch

Sitting on the floor take 1 foot and pull it up toward your inner thigh (make a figure four). Lean forward to feel the stretch and hold.

Calf Stretch Standing up flex the toes of 1 foot up toward the ceiling. Shift the weight of your body forward toward your toes and feel the stretch in the back of your calves. Hold it for 30-40 seconds.



Journal and Keep Track

Lastly, document your progress. Whether it is in a phone or fitness app or paper journal be sure to keep track of progress!