



Step It Up!

Beginner Walking Program

Walking is an excellent form of exercise. Walking regularly can help prevent or manage conditions such as heart disease, stroke and high blood pressure. It can also help prevent falls by strengthening bones and muscles.

Here is a one-month walking program to help you get started.



Before beginning any new exercise routine, please consult with a Health Care Provider.

Day 1

Focus on posture



Walk with correct posture to promote better balance and stability by building core (abdominal, buttocks and back) and leg strength to help prevent back and hip pain. These benefits may also lower your risk of falls.

Day 3

Take it one step at a time



When you're out for your daily walk today, try to focus on your stride. Keep your stride soft by leading with your heel and rolling through the step from heel to toe, pushing off with the ball of your foot.

Day 5

Add complexity



Challenge today's walk by including stairs or small inclines (ramps or small hills).



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	15 min		15 min		5 min		
WEEK 2	20 min		20 min		7 min		
WEEK 3	25 min		25 min		9 min		
WEEK 4	30 min		30 min		10 min		

TIP

Remember to focus on posture, stride and challenge yourself by adding in stairs or small hills as you move forward in the program.

ON ALTERNATE DAYS:

▶ 15-20 min walk at own pace