



## Walking 101 - Ease Into It

Type of Exercise: Walking	Level: Easy	Equipment Needed: Good Shoes and a Watch with a Second Hand	
<p>The Rate of Perceived Exertion (RPE) scale can be used to estimate various heart rate workout zones. Of course an actual heart rate monitor is better, and we encourage you to invest in one. The RPE scale goes from 1 to 10. A rate of 1 is sitting down, not moving. A rate of 10 is working so hard you pass out (obviously, we're not going there!). The zones our workouts use the most include 3 to 4, which is pretty easy, you could talk in full sentences and even sing if need be. At level 5-6 singing is out, but you can still speak in full sentences. At level 7, it's hard to talk in full sentences, but breathing occurs without gasping. At level 8, one word answers are possible, but this is really working hard. Level 9 is extremely hard exercise that could only be sustained for short periods.</p>			
<p>This nine session walking introduction is a good way to embrace a more active lifestyle. The idea is to move - just get one foot in front of the other. Your pace can be your own. Our sessions are 30-50 minutes. Try to work up to doing some form of exercise each day, but start with an achievable objective – like three days a week. Each session can be done at one time, but if you're in a time jam, they can be done in parts. Just don't forget to warm up, cool down and stretch! Of course, you can vary the time.</p> <p>Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.</p>			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
1 <sup>st</sup> Session	<p>This exercise routine has intensity levels on a scale of 1 to 10. Imagine level 1 as exerting no effort at all, and 10 being all out exertion.</p> <p>There is a lot of detail on days one and two to illustrate the variety of this routine. As you go along, look for ways to build in your own variety.</p> <p>Start movement gradually so things can warm up. Think of a cold rubber band. Your muscles are a lot like a rubber band: when they are warm they will stretch, when they are cold they will snap! Don't snap them! Exertion Level 4-5.</p> <p>Hold your intensity right here for a bit, keep swinging your arms and feel the way your body is responding. Make a mental note of how you're breathing. You should be able to talk easily and in complete sentences, you could even sing at this point. This is an example of Exertion Level 5.</p>	<p>Minute 1-5</p> <p>Minute 5-10</p>	

	<p>We're going to pick up the pace a bit and start breathing a little harder. Lengthen your stride and swing your arms! If you maintained this level, you would work up a sweat but it wouldn't be uncomfortable. Talking is a little more difficult and singing is out. This is an example of Exertion Level 6-7.</p> <p>Take note of your breathing and your heart rate. Not to bad? You should be able to work at this level of intensity for 20 minutes or so before feeling really wiped out. This is an example of Exertion Level 7. Do what you can today and see how your feel tomorrow. Remember "No Pain, No Gain" – IS A MYTH! Exercise should be fun and you'll feel great, especially when you're done!</p> <p>Start slowing your pace and allowing your heart rate and breathing to return to normal. Sing your way home! Bring your Exertion Level to 5.</p> <p>OK, we're done and ready to stretch. Easy does it. Stretch the main muscle groups like the fronts and backs of the legs, the chest and back, shoulders and arms. Stretching will help the muscle return to its resting length and relieve the tight feeling you get after working them. Hold each stretch for 30 seconds, watch that you don't drop your head below your heart until the heart rate is back to its resting pace.</p>	<p>Minute 11-15</p> <p>Minute 16-25</p> <p>Minute 26-30</p> <p>Minute 31-35</p>	
2 <sup>nd</sup> Session	<p>Today's walk has the same content as Day 1; however, we'll start building in the idea of walking with good form. Let's start with your feet. Do you walk "straight"? Your body likes to be in alignment – it works better that way. Watch for the rolling of your feet or putting excess weight on the inside or outside of your foot. When the feet are in alignment, look ahead, chest out, shoulders down and pull those abs in! You're doing something great for your life and body!</p>	35 Minutes Total	
3 <sup>rd</sup> Session	<p>Three walks a week, that's what we're looking for initially. Small steps can achieve great things. Remember, building a solid fitness level isn't going to happen overnight. Good health is something that we work on constantly. Eating right and exercise will prolong the length and quality of life.</p> <p>Today we are going to focus on breathing. Use the Day 1 routine, but pay attention to the way you breathe. Inhale and exhale, is your breath stuck in your chest? See how full you can fill your lungs – they are pretty big, and hardly ever get used completely. Try to move your</p>	35 Minutes Total	

	<p>entire rib cage when you inhale, pull the air clear down to your belly. When you exhale, pull your abdominals in toward your spine and “squeeze” the air out – all of it. This will engage your transverse abdominus, or the lowest of the four layers of ab muscles. When you pick up your pace, see if you can sync your breath in time with your steps.</p>		
<p>4<sup>th</sup> Session (Second Week)</p>	<p>Time and Intensity are going to change a bit this week. Remember all you worked on last week and try to incorporate it into future walks.</p> <p>Today we are going to do little intervals. An interval workout helps you take your heart rate up, then bring it down, then up, then down, like rolling hills. You don’t have to have hills around to imitate what they do to the heart. We can simulate hills by the speed and intensity of your walk.</p> <p>Remember intensity is based on a scale from 1 to 10. One is sitting down, 10 is really hard (nearly passed out). This is your warm up. Breath deep, swing your arms and get that blood pumping throughout your body. Exertion Level up to 5.</p> <p>Bring effort up. Start moving a little faster. Getting from warming out to the actual workout is the hardest part for most people. You can do this! Just remember how good you’ll feel when it’s all over. Level 6 is where we are going to keep coming back to in the recovery phases of this exercise. Exertion Level up to 6.</p> <p>We’re going to go to a Exertion Level of 8. Remember you’re in charge of your workout, so if 8 is too much, don’t over do it! You can always work up to it over time. This is your first interval. Kick it up a couple of notches. Lengthen your stride, pump your arms and move those legs faster. Think of a big dog chasing you. It’s a slow arthritic dog so he’s not coming very fast, but you’ll have to move it to out walk him! At Exertion Level 8 your breath is coming hard and fast. You are however, able to control it. You’re not gasping or panting. It’s just two minutes!</p> <p>This is your recovery time, imagine heading down hill. Slow down. Let the heart rate come down, but keep moving. The dog had to go home for dinner. This 5 minute time should bring you back to where you were before you started the interval (Exertion Level 5 to 6). Your heart rate should come down in the first 30-60</p>	<p>Minute 1-5</p> <p>Minute 6-10</p> <p>Minute 11-12</p> <p>Minute 13-17</p>	

	<p>seconds. We want a full, but active, recovery (meaning you can't sit down).</p> <p>Here we go again. This time you're going to maintain Exertion Level 8 for three minutes. Pick up the pace. The dog isn't after you but something else is, use your imagination.</p> <p>Recover back to your mid point (Exertion Level 5-6). If you have a hard time getting the heart rate to come down then you need more time in recovery, and remember, you can always walk it out at a reduced Exertion Level until it's time to stretch. Watch the time however and don't cut it short.</p> <p>Here we go again, back to Exertion Level 8. This is the last "uphill" interval so make it count! Turn your steps into giant steps and double time them! Whatever it takes to make the heart beat faster. Three minutes isn't very long compared to the rest of the day. Control the breath and watch your form. Are there any places where you are "holding" your breath (maybe your shoulders or back?). You should actually be actively pulling the belly in with each exhale, but don't brace muscles and create tension. Breathe through every part of your body. Breathe!</p> <p>Nice job. Let the pace slow and bring the heart rate down to a slower rate. You're going into recovery now so take some deep breaths and celebrate your accomplishment! After these 8 minutes you will want to do a few stretches and pull the muscles back to their resting length.</p> <p>Stroll back to your starting place. Hang your heels off the curb and stretch your calves. Put your leg up on something and stretch the backs of the legs (hamstrings). Pull one leg up behind you and hold the foot, gently stretch the front of the thigh (quad). Touch your toes and gently rotate your torso, windmill style. Have a happy healthy day!</p>	<p>Minute 18-21</p> <p>Minute 22-27</p> <p>Minute 28-31</p> <p>Minute 32-40</p>	
5 <sup>th</sup> Session	<p>Today is the day for hills, or another interval workout. If you don't have any actual hills in your area, get on a treadmill. You'll be adjusting the incline. Use the Session 4 workout times and intensities. The intervals are actual hills, not just increasing speed. In fact, your pace may actually slow as you climb the hills. The heart rate may go up fast so don't overshoot your intensity levels. It may take a few tries to get the hang of this, but</p>	<p>40 Minutes Total</p>	

	you'll be huffing and puffing before you know it.		
6 <sup>th</sup> Session	Today, let's concentrate on how you are holding parts of your body, while you do the interval workout. The head and torso are going to be the main focus, but the arms can't be forgotten. Start with your head. Most people have a "head forward" stance. This looks like you're walking around leading with your chin, or, at an extreme, a chicken pecking for food. You get the idea. Try pulling your head back over your neck and think of your head as a ball balancing on the little sticks (your neck muscles). The back of your head should line up with your shoulder blades on your back. Are your ear lobes in line with the middle of your shoulder as seen from the side? Check it out. Now relax your shoulders as you walk and let them swing naturally. As you walk faster they may actually start a pumping action to help propel you forward. Your torso should be zipped up and in. Think of extra tight pants with a low zipper. Pull the pelvis underneath you so it balances on the big leg bones. Your belly protects your back, so zip it up and take the load off your low back!	40 Minutes Total	
7 <sup>th</sup> Session (Third Week)	Today you are going to go fast – the whole time. Try to maintain a quick pace at an aerobic state. Your heart rate is up but you're not breathless (Exertion Level 7 to 8). After a 5-10 min warm up, see if you can keep the pace for 20 minutes. Don't forget to cool down for 5 to 10 minutes and stretch.	40 Minutes Total	
8 <sup>th</sup> Session	Slow and steady wins the race. It's an endurance day. Choose a longer route and add 10 minutes to your time. Heart rate needs to be at 5 or above after you've warmed up. Take a friend and enjoy a long chat. A radio or MP3 will keep you company if your friends are unavailable.	50 Minutes Total	
9 <sup>th</sup> Session	At the end of week three you should be feeling the effects of regular exercise. More energy, better mood. Perhaps your eating habits have improved a little. Remember you don't need to change everything at once, just do something better today and try to keep doing it till it becomes the norm. Eat one more piece of fruit today than you did yesterday, or discover a new vegetable. Your walk today should be another interval session. Try focusing on some tangible object. For example, choose the third light pole to be the place you start your increased pace. The blue mailbox is where you get to slow down. Count houses, or street signs as your starts and stops.	50 Minutes Total	