



Go Take A Walk!

Type of Exercise: Walking	Level: Easy	Equipment Needed: Good Shoes and a Watch	
<p>This routine is designed for people who want to become more physically active. Walking is the perfect way to get moving and can be easily integrated into your current lifestyle. Find a convenient time, location, schedule it into your daily calendar, and go take a walk! The program starts with easy goals. If they are not challenging enough for you, jump a week ahead. Work on being consistent with your training.</p> <p>The program meets the basic recommendations from the American College of Sport Medicine* (ACSM) and the American Heart Association* (AHA):</p> <p style="text-align: center;">Do moderately intense cardio 30 minutes a day, five days a week</p> <p style="text-align: center;"><i>Or</i></p> <p style="text-align: center;">Do vigorously intense cardio 20 minutes a day, 3 days a week</p>			
<p>You need to be able to walk without complications, such as pain to use this routine. 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 ✓
Week 1	Let's get started! Your goal this week is to just get moving. Not only are you doing something good for your body, but you are also doing something great for your mind—relaxing. If you choose to walk in the morning, use this time to breathe deeply and slowly ease yourself into your day. If you decide to walk in the afternoon or evening, breathe deeply, take in your surroundings, and allow yourself time to relax. The minimum goal for this week is to walk 1 time for 20 min. If you walk more often – great!	20 Minutes	
Day 1	Walk to a nearby park – explore the park and walk a different way back to your starting point.	20 Minutes	
Week 2	You're working on consistency by integrating walking into your daily life. Find the time and location that works best for you. As explained in week 1, you are actively doing something good for your body and mind. Find what motivates you to go talk a walk, maybe it's the fresh air, the scenery, the way you feel, or your kids. The minimum goal for this week is to walk 2 times for 20 min. Try to walk at a comfortable pace without stopping. If you walk more often – great!	40 Minutes	
Day 1	Walk with a family member or friend	20 Minutes	
Day 2	Find a new walking route	20 Minutes	
Week 3	We hope you're ready for more, because we're ramping it up to walking 3 times per week! You've got your routine down;	60 Minutes	

	the time, location, and what gets you motivated to go take a walk. Here are some ways to make things more exciting. Make your walk a little social event. This can be a time to connect and be active. Maybe your adventurous side wants to go explore a different neighborhood. Check out the scenery. Have fun!		
Day 1	Walk with a co-worker	20 Minutes	
Day 2	Explore a different neighborhood	20 Minutes	
Day 3	Walk with a family member or friend	20 Minutes	
Week 4	You're making great progress! This week you'll be walking on most days of the week. Your walks, AKA relaxing breaks, time to connect, or mini-adventures, are something you've grown to look forward to. Enjoy these opportunities to do something good for yourself.	80 Minutes	
Day 1	Walk with a co-worker	20 Minutes	
Day 2	Explore a different neighborhood	20 Minutes	
Day 3	Walk with a family member or friend	20 Minutes	
Day 4	Find a new walking route	20 Minutes	
Week 5	Ever take a step back to see how far you've come? Be proud of what you've accomplished. You've come a long way baby and there's no stopping you! Remember although taking a walk is a part of your daily routine, that doesn't mean boredom. Have fun & enjoy your walks. Focus on the positive: feeling alive, stress relief, or connecting with a family member or friend.	100 Minutes	
Day 1	Walk with a co-worker	20 Minutes	
Day 2	Explore a different neighborhood	30 Minutes	
Day 3	Walk with a family member or friend	20 Minutes	
Day 4	Find a new walking route	30 Minutes	
Week 6	Are you ready for a little challenge? Try to increase your pace – can you walk almost 2 miles in 30 min? Remember this little challenge is just for fun, no pressure. See what you're capable of, you may even surprise yourself. Just go for it!	120 Minutes	
Day 1	Walk with a co-worker	30 Minutes	
Day 2	Explore a different neighborhood	30 Minutes	
Day 3	Walk with a family member or friend	30 Minutes	
Day 4	Find a new walking route	30 Minutes	
Week 7	Guess what? When you complete this week, you meet the American Heart Association recommendation– how awesome is that?! Keep on walking and taking care of yourself! Can you walk 2 miles in 30 min. without being winded?	150 Minutes	
Day 1	Moderate pace	30 Minutes	
Day 2	Brisk walk	30 Minutes	
Day 3	Moderate pace	30 Minutes	
Day 4	Brisk walk	30 Minutes	
Day 5	Moderate pace	30 Minutes	
Week 8	You're walking more than the minimum recommendation	180 Minutes	

	and feeling great – congratulations! Walking has become an important part of your life. You’re doing it for yourself, it’s fun, & you get so much out of it. Do you want another little challenge? See if you can walk 3 miles in 45 min. without being winded. Again this little challenge is just for fun, no pressure. Go for it!		
Day 1	Brisk walk	30 Minutes	
Day 2	Moderate pace	45 Minutes	
Day 3	Brisk walk	30 Minutes	
Day 4	Moderate pace	45 Minutes	
Day 5	Brisk walk	30 Minutes	

* American College of Sport Medicine* (ACSM) and the American Heart Association* (AHA) are independent entities that perform research and publish exercise guidelines for public use. They do not endorse, or have any association with our company or programs.

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