

Week 1:

On Your Mark, Get Set, GO!

RUN, WALK, HIKE
OR DANCE...
JUST MOVE!



1

On Your Mark. . .

Gear: The great thing about walking is that you can do it anytime and anywhere; all you need is comfortable shoes and clothing.

2

Get Set. . .

Time: Make a “walking” appointment, and schedule it in your daily calendar. Try the examples mentioned below to see what combination you prefer.

3

GO!

Start with short distances. Choose a comfortable pace; notice your breath, heart rate and posture. If it feels like you’re working too hard, slow down.

15 minutes

Break walks into two 15-minute blocks. Try a morning and evening walk.

30 minutes

Try to do all 30 minutes in one go.

30 minutes

Start with a comfortable pace for the first 20 minutes, and then increase to a brisk pace for the last 10 minutes.

45 minutes

Try walking 15 minutes before work each morning and 30 minutes in the evening.

45-60 minutes

Head to your favorite walking trail and enjoy it!

Be Safe — Be Aware



Listen to music at a low volume, and watch for traffic that you may not hear.



Walking on sidewalks or designated trails is always the safest option. If walking on the street, choose well-lit streets with lower speed limits and less traffic.



Wear reflective or light-colored clothing, and carry a flashlight when walking in the early morning or late evening.

