



Make **walking** a complete workout.

Exercise is an important part of living a healthy life. Start with something simple, like walking. Walk in your neighborhood or at a local mall. Walk on a treadmill at a gym. Or use other machines, like a stationary bike or a stair climber.

Make every walk a complete workout by including these important activities, in this order:

- Warm up.
- Walk.
- Cool down.
- Stretch again.



Plan your first workout.

Take it slow to meet your goals.

If you're walking to get healthier, try to walk 30 minutes a day 4 to 5 days a week. Walk at "talking" speed. That means you can still talk without losing your breath.

Walking to make your heart healthier is different. You need to walk very fast, 3 to 4 days a week, for 20 to 30 minutes each time. At this speed, you're breathing hard, but you're not having a hard time breathing.

If you're walking to lose weight, you should walk at least 5 days a week for 45 to 60 minutes at a medium speed.

Measuring your heart rate.

Feel your heartbeat through the artery in your neck. Put your finger under your ear on the side of your neck. Or between your collarbone and your jaw. You can also feel your heartbeat under your wrist.

- Count the beats for 6 seconds and add a zero at the end. If your heart beats 14 times in 6 seconds, it would beat 140 for 60 seconds.
- The longer you count, the better your reading.

Find your target heart rate.

You need to know your target heart rate so you can train at the right speed.

For men:

Subtract your age from 220. The answer is your target heart rate.

FOR EXAMPLE, IF YOU ARE 35 YEARS OLD, THEN YOUR TARGET HEART RATE WOULD BE
 $220 - 35 = 185$.

For women:

Subtract your age from 226.

FOR EXAMPLE, IF YOU ARE 35 YEARS OLD, THEN YOUR TARGET HEART RATE WOULD BE
 $226 - 35 = 191$.

♥ My target heart rate

Men

220

-

Your age

Your target heart rate

Women

226

-

Your age

Your target heart rate

The workout begins.

There are 4 important steps to follow when you work out. Try not to skip any if possible. The steps will help you recover faster. And help you feel better afterwards.

Step 1: Warm-up.



Exercise at a lower speed to get the blood moving through your body. This lets your body get ready for exercise. Five minutes of easy walking is plenty for most days. As you get better, you'll need to warm up longer on days you plan to do a faster workout.

Step 2: Walk.



Now that you're warmed up, you should be ready to walk at your normal speed. For the first 2 weeks, don't try to do too much. Your breathing should be increased, but you shouldn't be struggling for air. Remember, if you can't talk while you're walking, you're walking too fast.



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Step 3: **Cool down.**



Walk slower at the end of your walk to cool down. The harder you exercised, the longer you should take to cool down. In the beginning, your walks will be short. You need to cool down for only about 2 minutes. As your walking time and strength increase, the time you take to cool down should also increase.

Step 4: **Stretch.**



Take time to stretch after every workout. In the beginning, stretches should take at least 5 minutes. As you increase distance and speed, you may need to stretch a little longer.

Tips for walking faster.

Tip 1:

Walk tall and look forward, not at the ground. Look about 20 feet in front of you. Your chin should be level and your head up.

Tip 2:

Keep your chest up and relax your shoulders.

Tip 3:

Bend your arms. Keep them at a little less than a 90-degree angle. Cup your hands gently. Swing arms front to back, not side to side. Your arms should not cross your body. Do not swing your elbows higher than your breastbone. Swing your arms faster and your feet will follow.

Tip 4:

Tighten or squeeze your stomach muscles and buttocks. Flatten your back and tilt your pelvis slightly forward.

Tip 5:

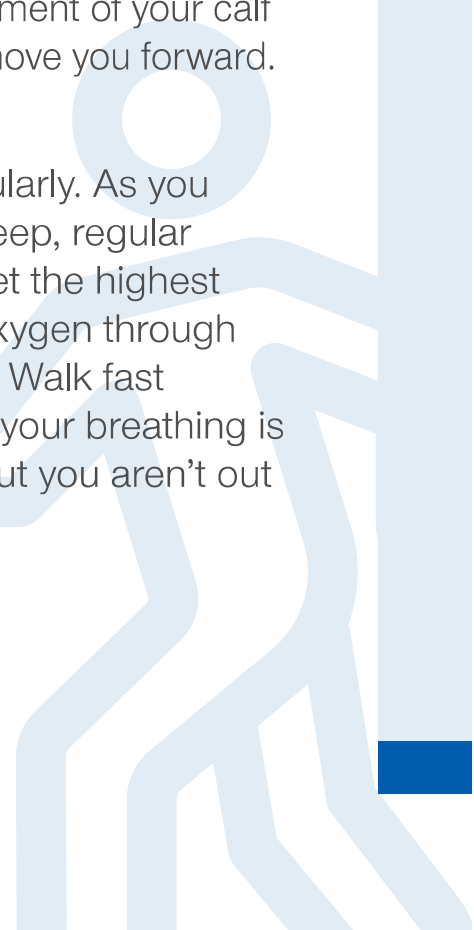
Pretend you are walking along a straight line. Try not to take big steps. To go faster, take smaller, faster steps.

Tip 6:

Push off with your toes. Think about landing on your heel, rolling through the step and then pushing off with your toes. Use the natural movement of your calf muscles to move you forward.

Tip 7:

Breathe regularly. As you walk, take deep, regular breaths to get the highest amount of oxygen through your system. Walk fast enough that your breathing is increased, but you aren't out of breath.





Plan your first workout.

YOUR FIRST 12-WEEK CALENDAR.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

