Always check with your doctor before beginning any new physical activity program. • For more information on these guidelines, visit www.acsm.org/physicalactivity. For more WSU walking paths, visit www.wichita.edu/shockerwalker.

WHY WALK?
Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time.
• It’s inexpensive
• It reduces stress
• It gives you more energy
• It strengthens your bones and muscles
• It improves your stamina and fitness

HOW MUCH?
150 minutes per week of moderate-intensity physical activity*
Choose a schedule that works for you:
• 30 minutes of moderate-intensity exercise, five days per week
• Three 10-minute sessions per day, five days per week
* From the 2008 Physical Activity Guidelines for Americans

WHAT DOES FIT MEAN?
F = Frequency (How often one walks.)
I = Intensity (How hard one walks or how fast.)
T = Time (How long one walks.)
The recommendation is 30 minutes per day whether all at once or broken up into 10 minute intervals.

SAMPLE PROGRAM

<table>
<thead>
<tr>
<th>WEEK</th>
<th>Warm-up</th>
<th>Fast Walk</th>
<th>Cool-Down</th>
<th>Total Time</th>
</tr>
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<tbody>
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<td>5 minutes</td>
<td>5 minutes</td>
<td>15 minutes</td>
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<td>8 minutes</td>
<td>5 minutes</td>
<td>18 minutes</td>
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<td>11 minutes</td>
<td>5 minutes</td>
<td>21 minutes</td>
</tr>
<tr>
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<td>5 minutes</td>
<td>14 minutes</td>
<td>5 minutes</td>
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