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 DO I START?
1. Choose a safe place to walk
2. Wear shoes with support and comfortable clothes
3. Remember: warm-up, fast walk, and cool-down
4. Stretch
5. Think FIT (Frequency, Intensity, Time)
6. Track your progress and reward yourself

HOW MUCH?
It is recommended to get 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 F.I.T. 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></th>
<th>Warm-up</th>
<th>Fast Walk</th>
<th>Cool-Down</th>
<th>Total Time</th>
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<tbody>
<tr>
<td>WEEK 1</td>
<td>5 minutes</td>
<td>5 minutes</td>
<td>5 minutes</td>
<td>15 minutes</td>
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<td>WEEK 2</td>
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<td>8 minutes</td>
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<td>18 minutes</td>
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<td>11 minutes</td>
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<td>21 minutes</td>
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<td>14 minutes</td>
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