



## GET WALKING-BEGINNER'S WALKING PROGRAM

### Length: 12 Week Plan

**Description:** Are you looking to ease into getting in shape? This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor if you've been sedentary for a long time or you have serious health issues.

Try to walk at least five times each week. Always start with a five-minute, slower paced walk to warm up and end with a five-minute, slower paced walk to cool down.

Start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time. As you become more fit, consider adding strength training exercises to your routine.

Tracking/ how to complete: After completing your daily workout, check "I did this" on your plan dashboard.

*Source: Plan provided by National Heart, Lung and Blood Institute.*

**Program Calendar included.**

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