



WALKING TOWARDS WELLNESS



A Sample Walking Program

Always include a 5-minute warm up before your target zone exercise and a 5-minute cool down afterwards. A warm up and cool down totaling 10 minutes are included in the “Total Time” in the chart below. Remember that your goal is to get the benefits you’re seeking and enjoy your activity.

Exercise at least three times during each week of the program. Gradually increase your brisk walking time to 30-60 minutes, 3-4 times per week.

Week Number	Target Zone Exercising	Total Time*
1	Walk briskly 5 minutes	15 minutes
2	Walk briskly 7 minutes	17 minutes
3	Walk briskly 9 minutes	19 minutes
4	Walk briskly 11 minutes	21 minutes
5	Walk briskly 13 minutes	23 minutes
6	Walk briskly 15 minutes	25 minutes
7	Walk briskly 18 minutes	28 minutes
8	Walk briskly 20 minutes	30 minutes
9	Walk briskly 23 minutes	33 minutes
10	Walk briskly 26 minutes	36 minutes
11	Walk briskly 28 minutes	38 minutes
12	Walk briskly 30 minutes	40 minutes
13+	Check your pulse periodically to see if you’re exercising within your target zone. As you get more in shape, try exercising within the upper range of your target zone.	

*Includes a 5-minute warm up and a 5-minute cool down.

This exercise pattern is a suggested guideline. If needed, listen to your body and build up less quickly.

Adapted from the American Heart Association publication Exercise and Your Heart, 1999.