

## Beginner Walking Program

Walking is the best way to start exercising, especially when you haven't done so in awhile. Start off walking on level ground. Moderate intensity of exercise is needed to promote weight loss. Moderate intensity walking is 100 steps per minute or 3000 steps in 30 minutes. Warm up and cool down times should be a casual walk to before and after your exercise to help prevent injury. Investing in a pedometer may be useful in tracking your exercise.

Week	Warm Up	Moderate Intensity Walking	Cool Down
1	5 minutes	10 minutes	5 minutes
2	5 minutes	10 minutes	5 minutes
3	5 minutes	15minutes	5 minutes
4	5 minutes	15minutes	5 minutes
5	5 minutes	20 minutes	5 minutes
6	5 minutes	20 minutes	5 minutes
7	5 minutes	25 minutes	5 minutes
8	5 minutes	30 minutes	5 minutes