

**Purpose:** This program is designed to support those Islanders who are able to already walk at least 5 minutes without stopping.

**Remember:**

1. Start slowly and make sure you allow your body to warm up
2. If balance is an issue make sure you are using an area with a smooth surface
3. Listen to your body, if something doesn't feel right, stop and seek some assistance
4. Proper footwear (walking sneaker) is very important

**Goal:**

**At the end of 12 weeks, participants will be able to walk for 12 minutes without stopping.**

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 minutes	Off	5 minutes	Off	5 minutes	6 minutes	Off
2	6 minutes	Off	5 minutes	Off	6 minutes	6 minutes	Off
3	6 minutes	Off	5 minutes	Off	6 minutes	7 minutes	Off
4	7 minutes	Off	5 minutes	Off	7 minutes	7 minutes	Off
5	7 minutes	Off	5 minutes	Off	7 minutes	8 minutes	Off
6	8 minutes	Off	6 minutes	Off	8 minutes	8 minutes	Off
7	8 minutes	Off	6 minutes	Off	8 minutes	9 minutes	Off
8	9 minutes	Off	6 minutes	Off	9 minutes	9 minutes	Off
9	9 minutes	Off	7 minutes	Off	9 minutes	10 minutes	Off
10	10 minutes	Off	7 minutes	Off	10 minutes	11 minutes	Off
11	10 minutes	Off	8 minutes	Off	10 minutes	11 minutes	Off
12	10 minutes	Off	8 minutes	Off	10 minutes	12 minutes	Off

Once you complete week 12, we encourage you to maintain the endurance you've built by continuing to walk or you can advance to the next program to continue to build. Don't forget to celebrate your accomplishment by rewarding yourself with something healthy.

