

Purpose: This program is designed to support those Islanders who are able to already walk at least 12 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.

This program is built on walking at least five days a week and you can change your days off. It offers two different options to change the intensity of your workout. If you want a more vigorous (harder) workout you can follow the intervals that are on day 3 and explained below or you can just do the total amount of time at your usual pace.

Definitions

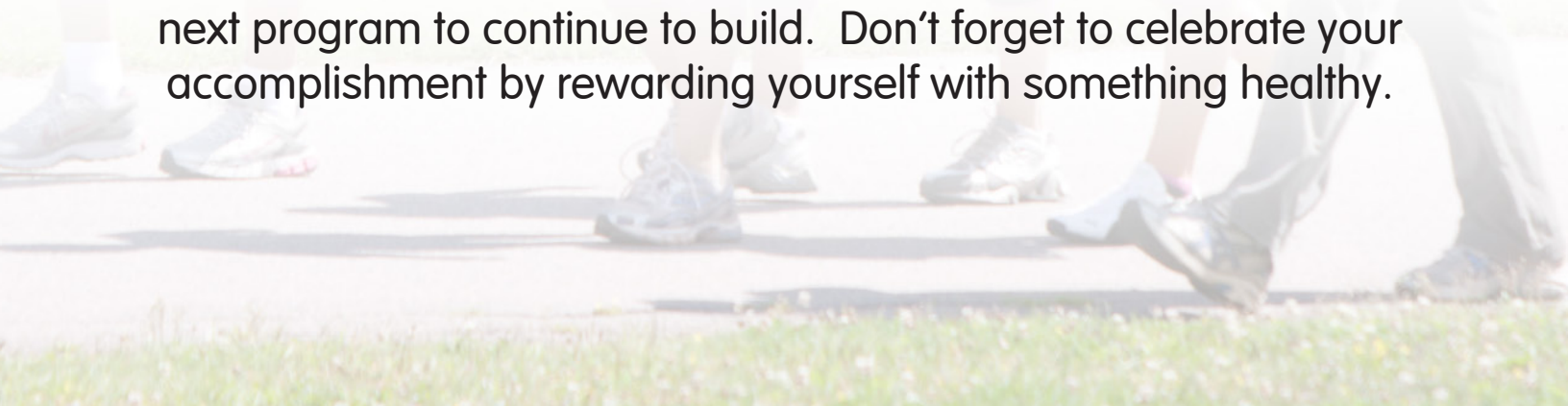
Easy walk Walking at a pace where you can easily carry on a conversation and you aren't breathing real hard

Brisk Walk Walking at a pace where your heart rate raises and it feels like you are working at a moderate intensity – it isn't easy but it is not so hard you are gasping.

Program

See page 2 for details.

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.



You will notice on day three, the program looks a little different and here is what it means.

Easy 2 mins then brisk 1 min. Three times = 9 minutes

Walk easy for two minutes and then increase your pace a bit for one minute.

You do this three times in a row and once complete it will equal nine minutes of walking.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Easy 12 minutes	off	Easy 2 mins then brisk 1 min. Three times = 9 minutes	Easy 12 minutes	Easy 8 minutes	off	Easy 12 minutes
2	Easy 12 minutes	off	Easy 2 mins then brisk 1 min. Three times = 9 minutes.	Easy 12 minutes	Easy 9 minutes	off	Easy 13 minutes
3	Easy 12 minutes	off	Easy 1 mins then brisk 1 min. Five times = 10 minutes.	Easy 12 minutes	Easy 10 minutes	off	Easy 14 minutes
4	Easy 12 minutes	off	Easy 1 mins then brisk 1 min. Five times = 10 minutes.	Easy 12 minutes	Easy 11 minutes	off	Easy 15 minutes
5	Easy 12 minutes	off	Easy 2 mins then brisk 2 mins. Three times = 12 minutes.	Easy 12 minutes	Easy 12 minutes	off	Easy 16 minutes
6	Easy 12 minutes	off	Easy 2 mins then brisk 2 mins. Three times = 12 minutes.	Easy 12 minutes	Easy 13 minutes	off	Easy 17 minutes
7	Easy 12 minutes	off	Easy 1 min then brisk 2 mins. Four times = 12 minutes.	Easy 12 minutes	Easy 14 minutes	off	Easy 17 minutes
8	Easy 12 minutes	off	Easy 1 min then brisk 2 min. Four times = 12 minutes.	Easy 12 minutes	Easy 15 minutes	off	Easy 18 minutes
9	Easy 12 minutes	off	Easy 2 mins then brisk 3 mins. Two times = 10 minutes.	Easy 12 minutes	Easy 15 minutes	off	Easy 18 minutes
10	Easy 12 minutes	off	Easy 2 mins then brisk 3 mins. Two times = 10 minutes.	Easy 12 minutes	Easy 15 minutes	off	Easy 19 minutes
11	Easy 12 minutes	off	Easy 2 mins then brisk 4 mins. Two times = 12 minutes.	Easy 12 minutes	Easy 15 minutes	off	Easy 19 minutes
12	Easy 12 minutes	off	Easy 2 mins then brisk 4 mins. Two times = 12 minutes.	Easy 12 minutes	Easy 15 minutes	off	Easy 20 minutes