

Purpose: This program is designed to support those Islanders starting to include physical activity in their daily routine, those with mobility challenges or those without a lot of time to invest in a program right now.

● **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 5 minutes without stopping.

Week	Number of days	Program time
1	3-5 days	Walk for 1 minute each day
2	3-5 days	Walk for 1 minute, rest and walk for 1 more minute each day
3	3-5 days	Walk for 90 seconds each day
4	3-5 days	Walk for 90 seconds, rest and walk for 1 more minute each day
5	3-5 days	Walk for 2 minutes each day
6	3-5 days	Walk for 2 minutes, rest and walk for 1 more minute each day
7	3-5 days	Walk for 2 ½ minutes (150 seconds) each day
8	3-5 days	Walk for 3 minutes, rest and walk for 1 more minute each day
9	3-5 days	Walk for 3 ½ minutes each day
10	3-5 days	Walk for 4 minutes, rest and walk for 1 more minute each day
11	3-5 days	Walk for 4 ½ minutes, rest and walk for 1 more minute each day
12	3-5 days	Walk for 5 minutes

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.