



Walk A Day™ JOURNAL



Take your first step on the path to good health for life.

This Book Belongs to:

NAME

ADDRESS

PHONE

E-MAIL

ALLERGIES

MEDICATIONS

IMPORTANT CONTACTS

In Case of Emergency

NAME

PHONE

NAME

PHONE

Health Care Provider

NAME

PHONE

NAME

PHONE

Pharmacy

NAME

PHONE

Health Insurance Company

NAME

PHONE

POLICY NUMBER



Fitness Made Easy – with the Walk a Day™ Journal

No wonder walking is so popular - it's easy on your body, burns calories, builds muscle, doesn't require expensive equipment and can be done by almost anyone anywhere.

A walking routine – along with a nutritious diet – can reduce your risk of conditions such as type 2 diabetes, heart disease, hypertension, and osteoporosis.

Maintain a brisk pace and walk regularly, at least 5 days a week. Start with 10-minute sessions and gradually lengthen them. Short walks are beneficial, too – three 10-minute or two 15-minute walks that add up to 30 minutes each day improve your health.

Tip: You can burn more calories and increase muscle mass and heart health if you walk uphill, walk farther or walk faster. For example, a 30-minute walk by a 150-pound person at 2 mph or a 68-kilogram person at 3.2 km/h burns about 60 calories, while walking at 3 mph or 4.8 km/h burns about 90 in the same time frame.

Use this journal to track your daily progress: Distance/Number of Steps; Other Activity; Weight; Other; and Weekly Goals and Accomplishments (such as walk 5 times a week or cut 200 calories a day).

*Take your
first step on the
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health for life.*

Staying On Course

Now that you've committed to walking for better health, you're probably looking for ideas to keep your walking routine from getting a little too routine:

- Change your ways. Find a more scenic route such as a park or nature trail – provided it's safe. If you typically use a treadmill, try walking outdoors. If you walk outdoors, try walking in a mall.
- Find a walking partner. A friend can keep you motivated. Dogs love walking, too!
- Energize your workout. Boost your pace or add a few hills to increase your heart rate. Walking uphill burns more calories than walking on a flat surface.
- Tweak your technique. For maximum benefit, watch your form: chin up, tummy in and shoulders back. Let your arms swing and your hips and legs move naturally.
- Step in time. March to music, but always stay aware of your surroundings. Earphones can be a safety risk if they keep you from hearing traffic or other hazards.

Note: Consult your health care provider before significantly increasing your exercise level.



As you start your daily walking program, keep these tips in mind to avoid strain:

1

Always warm up before vigorous exercise.

Simply walk normally for at least 5 minutes to gradually increase blood flow and reduce the risk of injury. Then pick up your pace.



2

Take normal steps, not big strides.

Let your leg motion be smooth and natural, with your heel striking first; push off with your toes at the end of each step.



3

Wear properly fitted walking or running shoes with wear-resistant, flexible soles. They help protect your feet as well as your legs and back.

Is Weight Loss One of Your Goals?

For many people weight loss is a primary health goal – one that can help you live better and longer. Losing just 10% of your current weight may significantly improve your health provided you keep it off.

How do you measure up?

One sign that you may be overweight is your waist circumference. To measure it:

- Run a tape measure around your body just above the highest point on each hip bone.
- A measurement of more than 35 inches or 88 cm (for women) or 40 inches or 102 cm (for men) may increase your health risks.

500 Rule: You can lose 1 lb or .45 kg a week by cutting 500 calories a day this way:

- Burn 250 calories in extra activity.
- Consume 250 fewer calories with smaller portions and fewer snacks.

If losing 20 to 30 lbs or 9 to 14 kg seems hard, focus on losing just 1-2 lbs or .45-.91 kg a week – that's 10 lbs or 4.5 kg in just 5-10 weeks.

Current Weight _____

Desirable Weight _____

Calories Burned in 10 Minutes of Walking

Calories burned for walking depend on the type of walking (for example, speed and terrain) and your weight. It takes more energy (calories) to move more weight. Amounts are approximate.

Activity Calories/ 10 minutes	120-130 lbs or 54-59 kg	140-150 lbs or 63-68 kg	160-170 lbs or 73-77 kg	180-190 lbs or 82-86 kg	200-210 lbs or 91-95 kg
Walking 2.0 mph or 3.2 km/h	20	20	30	30	30
Walking 3.0 mph or 4.8 km/h	30	30	40-50	50	50
Walking 3.5 mph or 5.6 km/h	30	40	40	50	60
Walking 4.5 mph or 7.2 km/h	40	40-50	50	60	60
Hiking	40	50	60	60-70	70
Snowshoeing	70	80-90	90-100	100	120
Stairclimbing, Treadmill	50	60	70	80	90

Walking Guideline: First, count the steps you take in one minute – each foot touching the ground counts as one step. Walk for 30 minutes at a moderate-intensity pace of about 100 steps per minute, or 3,000 steps (one mile ranges from 1,100 to 2,300 steps; one kilometre is 700-1,320 steps).

Moving target:
30 minutes a day of added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

GOAL

I will ... _____

I accomplished ... _____

WEEK OF:

Renew your exercise goals. One way is to identify specific goals: Make them attainable yet challenging. Then create a plan and record your progress in a journal. “Seeing” your results can help make them a reality and keep you motivated.

Moving target:
30 minutes a day of
added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

GOAL I will ... _____

I accomplished ... _____

Exercise precaution during your workout: Increase your exercise intensity gradually to avoid injury. Stop if you become winded or dizzy or feel pain, strain or cramping. Don't "play" through your pain.

Moving target:
30 minutes a day of added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

GOAL *I will ...* _____
I accomplished ... _____

