

I WILL

Pace Myself

? Did you know? Even if you miss your regular walk on busy days, a 10-minute walk can give you a physical and mental energy boost to help you maintain your commitment.

Step Into a Walking Routine

Gradually increase your walking time each week. Keep your walking continuous to raise your heart rate and in time boost your heart health.

Warm-up Time	Fast-walk Time	Cool-down Time	Total Time
WEEK 1 Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
WEEK 2 Walk slowly 5 minutes	Walk briskly 8 minutes	Walk slowly 5 minutes	18 minutes
WEEK 3 Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
WEEK 4 Walk slowly 5 minutes	Walk briskly 14 minutes	Walk slowly 5 minutes	24 minutes
WEEK 5-plus	Add 3-5 fast minutes each week until you reach 40 minutes.		

Duration is based on walking three times a week. If you walk fewer times per week, allow more than a week before increasing your pace and frequency.

healthy  strides

A WALK-FOR-WELLNESS PROGRAM™

"GOOD HEALTH HABITS DON'T HAVE AN EXPIRATION DATE."
VICE ADMIRAL RICHARD H. CARMONA, M.D., OFFICE OF THE SURGEON GENERAL