

Walking Guide

Start your journey to better health

Remember that your shoes should provide good support

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Level ONE Start slow ...	5 mins out 5 mins back = 10 minutes	6 mins out 6 mins back = 12 minutes	7 mins out 8 mins back = 15 minutes	8 mins out 7 mins back = 15 minutes <i>walk faster back</i>	10 mins out 10 mins back = 20 minutes	10 mins out 10 mins back = 20 minutes <i>walk further each day</i>
Level TWO	10 mins out 10 mins back = 20 minutes	10 mins out 10 mins back = 20 minutes <i>walk further each day</i>	12 mins out 13 mins back = 25 minutes	13 mins out 12 mins back = 25 minutes <i>walk faster back</i>	15 mins out 15 mins back = 30 minutes	15 mins out 15 mins back = 30 minutes <i>walk further each day</i>
Level THREE	15 mins out 15 mins back = 30 minutes	15 mins out 15 mins back = 30 minutes <i>walk further each day</i>	17 mins out 18 mins back = 35 minutes	18 mins out 17 mins back = 35 minutes <i>walk faster back</i>	20 mins out 20 mins back = 40 minutes	20 mins out 20 mins back = 40 minutes <i>walk further each day</i>
Level FOUR Build up ...	20 mins out 20 mins back = 40 minutes	20 mins out 20 mins back = 40 minutes <i>walk further each day</i>	21 mins out 19 mins back = 40 minutes <i>walk faster back</i>	22 mins out 23 mins back = 45 minutes	23 mins out 22 mins back = 45 minutes <i>walk faster back</i>	find a pleasant loop rather than an out and back path = 45 minutes

Green Prescription – Practical activity for practical people

Ph 0800 ACTIVE (0800 22 84 83)