

Nuts About Health, Inc.
www.nutsabout health.org

Walking Program

	Warm Up	Target Zone Exercising	Cool Down	Total Time
Week 1	Walk slowly 5 min.	Walk briskly for 5 min.	Walk slowly 5 min.	15 min.
Week 2	Walk slowly 5 min	Walk briskly for 7 min.	Walk slowly 5 min.	17min.
Week 3	Walk slowly 5 min	Walk briskly for 9 min.	Walk slowly 5 min.	19min.
Week 4	Walk slowly 5 min	Walk briskly for 13 min.	Walk slowly 5 min.	23min.
Week 5				
Day 1	Walk slowly 5 min	Walk briskly for 15 min.	Walk slowly 5 min.	25 min.
Day 2	Walk slowly 5 min	Walk briskly for 17 min.	Walk slowly 5 min.	27 min.
Day3	Walk slowly 5 min	Walk briskly for 20 min.	Walk slowly 5 min.	30 min.