



5k

START WALKING

You can start walking now. This easy-to-follow 4-week walking program will help you get started moving, feeling great and on your way to walk your first 5K-maybe even run!

As a health & wellness expert, I'll share with you the best ways to get moving. This is your time to move and be moved.

start walking now

www.andreametcalf.com

andrea
metcalf
health

welcome

start walking now

Welcome to your Beginner 4 Week Walking program.

Congratulations

on taking the first step to a healthier lifestyle. Walking is a great form of exercise and helps you to maintain a healthy body weight. This 4-week program is designed for the beginner walker who wants to improve overall health and increase energy. Walking has numerous health benefits, it's cost effective and it's social making it one of the most perfect forms of exercise for everyone.

The walks in this program start at 10 minutes or less per day working your way up to a full 30 minute program. The Centers for Disease Control as well as health professionals agree that people need 150 minutes per week per week of physical activity. Keep in mind that three walks lasting 10 minutes can results in the same benefits as a 30 minute consecutive walking duration.

In this program Monday, Wednesday and Thursday are the core workout days. Tuesdays and weekends are optional at the beginning, making this workout range from three days per week up to five. Fridays are rest days or "Alternate Activity" days. Pick which days of the week work best for you and your schedule. Regardless of the recommended pace, always start each walk with 3-5 minutes at an easy, warm-up pace.

week one

start walking now

Day 1: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 2: Easy walk 10-15 minutes* rest when necessary

Day 3: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 4: Easy walk 10-15 minutes

Day 5: Rest

Day 6/7: Easy walk: 20-25 minutes (window shop!)

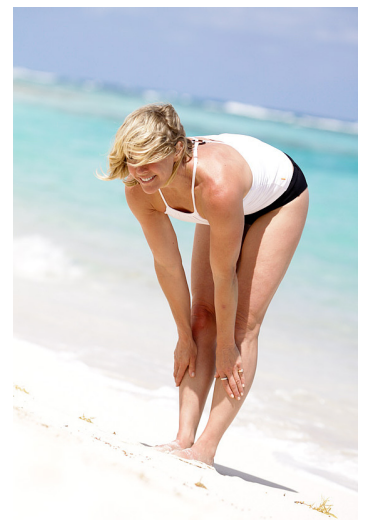
Simple Stretches



Reverse Lunge
Helps stretches
the hips and
lower back



Downward Dog
Helps stretch back of
thighs and calves



Forward Bend
Helps stretch back of
thighs and calves

Each you you have the
chance to start
take a step and walk yourself healthy

week two

start walking now

This week we walk briskly.... meaning I want you to push yourself a bit to breathlessness or that you can hear yourself breathing in the brisk walk days. On brisk walk days, remember to start with that warm up walk of 5-10 minutes and then stretch for 2 minutes.

Simple stretches can be found in the video for this week.

It's important to be conscious of your posture while walking. Try not to lean forward and let your head droop. Instead look straight ahead or down with your eyes. Think of your head balancing on the top of your shoulders, instead of in front. Pull in your belly and breathe deep while you stride.

You may feel like you're getting stronger and the effort it took to walk this time last week is easier this week. You're muscles are responding and your lungs are building capacity. Remember to take a day off for rest or an alternate activity.

Walking Program:

Day 8: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 9: Easy walk 10-15 minutes

Day 10: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 11: Easy walk 10-15 minutes

Day 12: Rest

Day 13/14: Easy walk: 20-25 minutes

*"A journey of a thousand miles begins with a single step."
-Lao-tzu, ancient Chinese philosopher and father of Taoism*

week three

start walking now

This week we take the step up to longer walks! Notice there are 15-20 minute duration walking days and still one day of rest. You don't have to take a day off y- ou might explore a mind body activity like yoga or Tai Chi for some mind clearing.

Exercise opens the blood flow to the heart and brain so you may be feeling more energy and smarter! If you don't love walking outside, walk on a treadmill indoors. In heat and inclement weather, having a treadmill can be just the thing to do while watching television or browsing the internet. Plus you can do a variety of things on a treadmill to change the intensity or simply fight boredom.

Try walking sideways or taking cross over steps. Try walking backwards, but hold onto the rails and start very slowly. Once you've mastered the cadence, then slowly increase the speed.

You can incline or decline your movement to increase intensity or simply put in some headphones and dance your way on the treadmill to those precious minutes that lead to better health and happier living. And now that you have started walking, maybe your next step is trying some healthier recipes.

Walking Program:

Day 15: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 16: Easy walk 15-20 minutes stretch 2 minutes

Day 17: Easy 10-15 minute walk; stretch: 2 mins, Brisk Walk - 5-10 minutes

Day 18: Easy walk 15-20 minutes stretch 2 minutes

Day 19: Rest or try something new.

Day 20/21: Walk: 20-25 minutes but keep moving!

week four

start walking now

This is the last week of the 28 day Beginner walking program. You are approaching the next step and getting to be a “real” walker!

Keep up your good exercise regimen and perfect your walking techniques. You should start seeing changes in how this simple form of exercise can make big changes in your body’s shape.

Walking Program:



Day 22: Easy 10-15 minute walk; Brisk Walk - 5-10 minutes, Stretch 2 mins

Day 23: Easy walk 15-20 minutes, Stretch 2 min

Day 24: Easy 10-15 minute walk; Brisk Walk - 5-10 minutes, Stretch 2 mins

Day 25: Easy walk 15-20 minutes, Stretch 2 min

Day 26: Rest

Day 27/28: Brisk walk: 20-25 minutes

“My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.”

-Ellen DeGeneres



for more health tips

andreametcalf.com