



PHYSICAL THERAPY NUTRITION FITNESS MASSAGE

How to Start a Walking Program in 4 Weeks

Goals:

- Sit Less
 - Avoid taking less than 5,000 steps per day or sitting for long periods
- Walk More
 - Aim for at least 7,500 steps per day
- Exercise
 - 3,000 of these steps in a 30 minute time frame (rate of 100 steps/min)

How to Reach Your Goals:

1. Buy a pedometer to track your steps
2. Start small and progress gradually by adding 5 to 10 min a day each week until you reach at least 30 min per day

Here are some examples for gradually progressing your walking program. Talk to your physical therapist to learn more about the right program for you.

Example 1:

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Week 2	10 min	10 min	10 min	10 min	10 min	10 min	10 min
Week 3	20 min	20 min	20 min	20 min	20 min	20 min	20 min
Week 4	30 min	30 min	30 min	30 min	30 min	30 min	30 min

Example 2:

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	5 min	5 min	5 min	5 min 5 min	5 min 5 min	5 min 5 min	5 min 5 min
Week 2	10 min	10 min	10 min	10 min 10 min	10 min 10 min	10 min 10 min	10 min 10 min
Week 3	20 min	20 min	20 min	20 min	20 min 10 min	20 min 10 min	20 min 10 min
Week 4	30 min	30 min	30 min	30 min	30 min	30 min	30 min