

Shape Up Walking Program

The following program is designed to be gradual and within the abilities of most healthy adults. Consult your doctor if you have health concerns that limit your physical activity.

Many people make a commitment to increase their physical activity, then burn themselves out early by trying to do too much too quickly. The most important thing is to be consistent and to let your body be your guide.

This program is simple and easy to follow for even the most inexperienced users. If you already feel comfortable walking one mile at a stretch, bypass the warm-up level of the program.

Helpful Hints

- It is always a good idea to have a comprehensive medical examination by your physician before you begin any exercise program.
- If possible, schedule a physical fitness evaluation at the start of your program so you will know your present capabilities and can chart your progress.
- Before you begin each activity, do a series of gentle stretching exercises to loosen your muscles and warm up your body.
- Aim for a pace of three to three and one-half miles per hour, and time yourself. Tall people, because they have longer strides, must walk slightly faster than shorter individuals to attain the same health benefit.
- Be sure to drink plenty of water to keep your energy level up. In warm weather, drink at least one 8-ounce cup every 30 minutes.
- Fast walking works primarily the buttock muscles, while walking on an incline puts more emphasis on the quadriceps, the muscles that lift your legs.
- Hills and steps add extra intensity to walking and boosts the benefits to your heart and lungs.
- Interval walking (alternating several minutes of fast walking with walking at your normal pace) adds variety and increases fitness.
- To increase your aerobic workout (and burn more calories) wear a backpack weighing at least five to ten pounds, or carry small hand weights. To increase your leg workout, attach one and one-half or two-pound weights to your ankles.
- Walk with a friend!

Warm Up Level		
Week	Frequency	Time
1	3 Times	8 Minutes
2	3 Times	11 Minutes
3	3 Times	14 Minutes
4	3 Times	18 Minutes
5	3 Times	20 Minutes
6	3 Times	22 Minutes
7	4 Times	23 Minutes
8	4 Times	28 Minutes
Level I		
9	4 Times	32 Minutes
10	4 Times	36 Minutes
11	4 Times	40 Minutes
12	4 Times	44 Minutes
Level II		
13	5 Times	45 Minutes
14	5 Times	50 Minutes
15	5 Times	55 Minutes
Level III		
16	5+ Times	60+ Minutes