

A SAMPLE WALKING PROGRAM

	Warmup	Exercising	Cool Down	Total Time
Week 1				
Session A	Walk 5 min.	Then walk briskly 5 min.	Then walk more slowly 5 min.	15 min.
Session B	Repeat above pattern			
Session C	Repeat above pattern			

Continue with at least three exercise sessions during each week of the program.

Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

Week 13 on:

Gradually increase your brisk walking time to 30 to 60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity. Always remember to check with your doctor before beginning a program of physical activity.

Walking Tips

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Reference: National Institute of Health. *The Practical Guide Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.* (00-4084)2000:66

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