


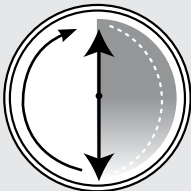


Sample Walking Program*

				
	Warm Up	Walk	Cool Down	Total Time
Week 1	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2	Walk slowly 5 minutes	Walk briskly 10 minutes	Walk slowly 5 minutes	20 minutes
Week 3	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
Week 4	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes
Week 5	Walk slowly 5 minutes	Walk briskly 25 minutes	Walk slowly 5 minutes	35 minutes
Week 6	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Week 7	Walk slowly 5 minutes	Walk briskly 35 minutes	Walk slowly 5 minutes	45 minutes
Week 8	Walk slowly 5 minutes	Walk briskly 40 minutes	Walk slowly 5 minutes	50 minutes

*Do every day of the week.