



# Walking and Stretching

## A Sample Daily Walking Program

This program is only a guide. Your walking sessions may be longer or shorter based on your ability and the advice of your health care provider. If you're walking fewer than three times per week, give yourself more than 2 weeks before adding more.

Warm Up Time	Brisk Walk Time	Cool Down Time	Total Time
Walk Slowly		Walk Slowly and Stretch	
<b>Week 1</b>			
5 minutes	5 minutes	10 minutes	20 minutes
<b>Week 2</b>			
5 minutes	5 minutes	10 minutes	20 minutes
<b>Week 3</b>			
10 minutes	20 minutes	10 minutes	40 minutes
<b>Week 4</b>			
5 minutes	15 minutes	10 minutes	30 minutes

## A Sample Stretching Program

Most experts advise stretching only after you have warmed up. To warm up, walk slowly for a few minutes before picking up the pace. Stretching gently at the end of your walk may help build flexibility. Don't bounce or hold your breath when you stretch. Do each stretch slowly and move only as far as you feel comfortable.

### Side Reach

Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.



### Wall Push

Lean your hands on a wall and place your feet about 3 to 4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.



### Knee Pull

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee toward your chest, hold for 10 seconds, and then repeat with the other leg.



### Leg Curl

Pull your right foot toward your buttocks with your right hand. Stand straight and keep your bent knee pointing straight down. Hold for 10 seconds and repeat with your other foot and hand.



### Hamstring Stretch

Sit on a sturdy bench or hard surface so that one leg is stretched out on the bench with your toes pointing up. Keep your other foot flat on the surface below. Straighten your back, and if you feel a stretch in the back of your thigh, hold for 10 seconds and then change sides and repeat. If you don't feel a stretch, slowly lean forward from your hips until you feel a stretch.

