

## Beginner Walking Program

Our Active Living Ambassador created this 8-week walking program for those new to physical activity and interested in walking more. Get started today!



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Walk for 15 minutes	Walk for 15 minutes	Rest	Walk for 20 minutes	Rest	Walk for 25 minutes	Rest
2	Walk for 30 minutes		Walk for 30 minutes		Walk for 30 minutes		Walk or rest
3	Walk for 35 minutes		Walk for 35 minutes		Walk for 35 minutes		Walk or rest
4	Walk for 35 minutes	Walk for 35 minutes	Rest	Walk for 35 minutes	Rest	Walk for 35 minutes	Rest
5	Walk for 40 minutes	Rest	Walk for 40 minutes		Walk for 40 minutes		Walk or rest
6	Walk for 40 minutes	Walk for 40 minutes	Rest	Walk for 40 minutes	Rest	Walk for 40 minutes	Rest
7	Walk for 45 minutes	Walk for 45 minutes	Rest	Walk for 45 minutes	Walk for 45 minutes	Rest	Walk for 45 minutes
8	Walk for 50-60 minutes	Rest	Walk for 50-60 minutes	Walk for 50-60 minutes	Rest	Walk for 50-60 minutes	Walk for 50-60 minutes

This program is intended as a guide only. Before starting this or any physical activity program, check with your doctor/health professional. Aim for a walking pace that is brisk but at which you can maintain a conversation. For more information about physical activity please visit our website at [www.participACTION.com](http://www.participACTION.com).