

Walking Guide



Start your journey to better health

Remember that your shoes should provide good support

Level ONE

Start slow...

WEEK 1
5 mins out
5 mins back
= 10 minutes

WEEK 2
6 mins out
6 mins back
= 12 minutes

WEEK 3
7 mins out
8 mins back
= 15 minutes

WEEK 4
8 mins out
7 mins back
= 15 minutes
walk faster back

WEEK 5
10 mins out
10 mins back
= 20 minutes

WEEK 6
10 mins out
10 mins back
= 20 minutes
walk further each day

Level TWO

10 mins out
10 mins back
= 20 minutes

10 mins out
10 mins back
= 20 minutes
walk further each day

12 mins out
13 mins back
= 25 minutes

13 mins out
12 mins back
= 25 minutes
walk faster back

15 mins out
15 mins back
= 30 minutes

15 mins out
15 mins back
= 30 minutes
walk further each day

Level THREE

15 mins out
15 mins back
= 30 minutes

15 mins out
15 mins back
= 30 minutes
walk further each day

17 mins out
18 mins back
= 35 minutes

18 mins out
17 mins back
= 35 minutes
walk faster back

20 mins out
20 mins back
= 40 minutes

20 mins out
20 mins back
= 40 minutes
walk further each day

Level FOUR

Build up...

20 mins out
20 mins back
= 40 minutes

20 mins out
20 mins back
= 40 minutes
walk further each day

21 mins out
19 mins back
= 40 minutes
walk faster back

22 mins out
23 mins back
= 45 minutes

23 mins out
22 mins back
= 45 minutes
walk faster back

find a pleasant loop rather than an out and back path
= 45 minutes



Green Prescription – Practical activity for practical people