Rongoā Kākāriki GREEN PRESCRIPTION

Walking-Guide



## Start your journey to better health

Remember that your shoes should provide good support

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	
5 mins out 5 mins back <b>= 10 minutes</b>	6 mins out 6 mins back <b>= 12 minutes</b>	7 mins out 8 mins back <b>= 15 minutes</b>	8 mins out 7 mins back <b>= 15 minutes</b> walk faster back	10 mins out 10 mins back <b>= 20 minutes</b>	10 mins out 10 mins back = 20 minutes walk further each day	
10 mins out 10 mins back <b>= 20 minutes</b>	10 mins out 10 mins back <b>= 20 minutes</b> walk further each day	12 mins out 13 mins back <b>= 25 minutes</b>	13 mins out 12 mins back <b>= 25 minutes</b> walk faster back	15 mins out 15 mins back <b>= 30 minutes</b>	15 mins out 15 mins back = <b>30 minutes</b> walk further each day	
15 mins out 15 mins back <b>= 30 minutes</b>	15 mins out 15 mins back <b>= 30 minutes</b> walk further each day	17 mins out 18 mins back <b>= 35 minutes</b>	18 mins out 17 mins back <b>= 35 minutes</b> walk faster back	20 mins out 20 mins back <b>= 40 minutes</b>	20 mins out 20 mins back = 40 minutes walk further each day	
20 mins out 20 mins back <b>= 40 minutes</b>	20 mins out 20 mins back <b>= 40 minutes</b> walk further each day	21 mins out 19 mins back <b>= 40 minutes</b> walk faster back	22 mins out 23 mins back <b>= 45 minutes</b>	23 mins out 22 mins back <b>= 45 minutes</b> walk faster back	find a pleasant loop rather than an out and back path = 45 minutes	
	5 mins out 5 mins back = 10 minutes 10 mins out 10 mins back = 20 minutes 15 mins out 15 mins back = 30 minutes 20 mins out 20 mins back	5 mins out 5 mins back = 10 minutes6 mins out 6 mins back = 12 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes20 mins out 20 mins back = 40 minutes20 mins out 20 mins back = 40 minutes	5 mins out 5 mins back = 10 minutes6 mins out 6 mins back = 12 minutes7 mins out 8 mins back = 15 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes12 mins out 13 mins back = 25 minutes15 mins out 15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes walk further each day17 mins out 18 mins back = 35 minutes20 mins out 20 mins back = 40 minutes20 mins out 20 mins back = 40 minutes walk further each day21 mins out 19 mins back = 40 minutes walk further back = 40 minutes	5 mins out 5 mins back = 10 minutes6 mins out 6 mins back = 12 minutes7 mins out 8 mins back = 15 minutes8 mins out 7 mins back = 15 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes12 mins out 13 mins back = 25 minutes13 mins out 12 mins back = 25 minutes15 mins out 15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes17 mins out 18 mins back = 35 minutes18 mins out 17 mins back = 35 minutes20 mins out 20 mins back = 40 minutes20 mins back = 40 minutes21 mins out 19 mins back = 40 minutes walk faster back22 mins out 23 mins back = 40 minutes	5 mins out 5 mins back = 10 minutes6 mins out 6 mins back = 12 minutes7 mins out 8 mins back = 15 minutes8 mins out 7 mins back = 15 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes12 mins out 13 mins out 12 mins back = 25 minutes13 mins out 12 mins back = 25 minutes15 mins out 15 mins out 12 mins back = 25 minutes15 mins out 15 mins out 15 mins back = 30 minutes15 mins out 15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes17 mins out 18 mins back = 35 minutes20 mins out 20 mins back = 40 minutes20 mins out 20 mins back = 40 minutes20 mins out 21 mins back = 40 minutes21 mins out 21 mins back = 40 minutes22 mins out 22 mins back = 45 minutes23 mins out 22 mins back = 45 minutes	5 mins out 5 mins back = 10 minutes6 mins out 6 mins back = 12 minutes7 mins out 8 mins back = 15 minutes8 mins out 7 mins back = 15 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes10 mins out 10 mins back = 20 minutes10 mins out 110 mins back = 20 minutes12 mins out 13 mins back = 25 minutes13 mins out 12 mins back = 25 minutes15 mins out 15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes15 mins out 15 mins back = 30 minutes16 mins out 15 mins back = 30 minutes20 mins out 20 mins back = 40 minutes20 mins out 20 mins back = 40 minutes21 mins out 17 mins out 18 mins back = 35 minutes20 mins out 20 mins back = 40 minutes20 mins out 20 mins back = 40 minutes21 mins out 21 mins back = 40 minutes22 mins out 22 mins out 22 mins back = 40 minutes21 mins out 22 mins out 22 mins back = 40 minutes walk faster back23 mins out 23 mins back = 40 minutes walk faster back23 mins out 23 mins back = 45 minutes10 mins back a 45 minutes

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