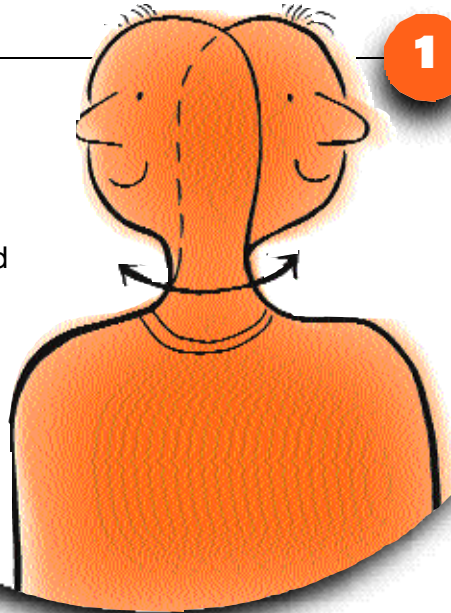


Performing the Walk Into Fitness program on a regular basis can improve circulation/digestion, resting heart rate/blood pressure, mental outlook/depression, muscle and bone strength, lipid levels, functional performance, endurance, and balance. Perform the exercises below before you walk. Hold each stretch 5-10 seconds. See back for detailed 12-week walking program schedule.

Neck Stretch

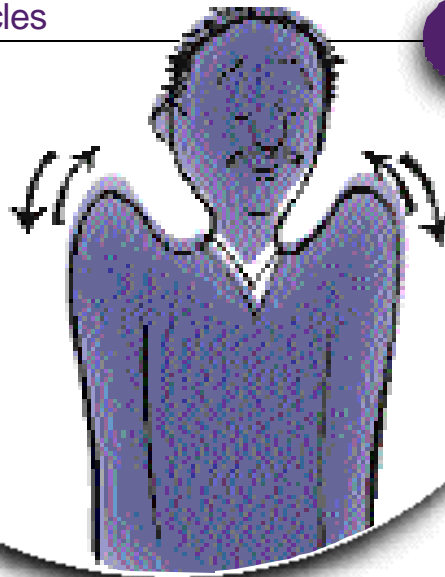
Slowly turn head to the right and look over your shoulder. Hold. Slowly turn head to the left and look over your shoulder. Hold.



1

Shoulder Circles

Slowly circle both shoulders backward. Repeat, circling both shoulders forward.

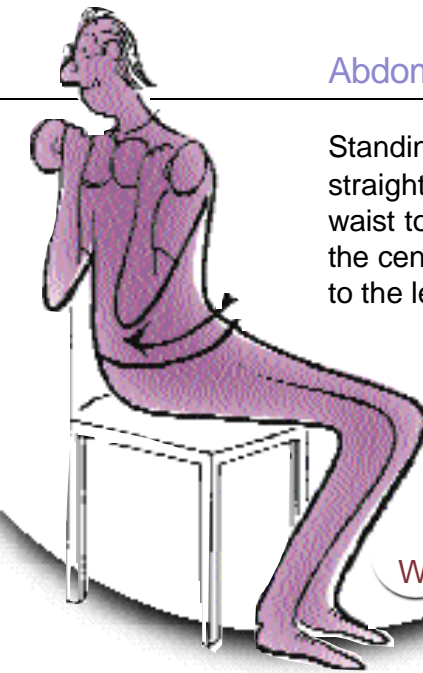


2

3

Abdominal Twist

Standing, or sitting up straight, slowly turn at the waist to the right. Return to the center. Slowly turn to the left.



W

Thigh Stretch

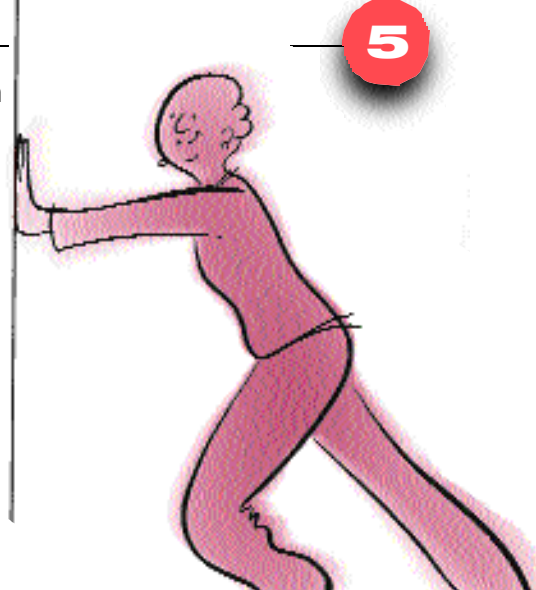
Stand up straight. Hold onto the wall with the left hand. With the right hand, grasp the ankle and slowly pull the heel up toward the buttocks until you feel tension along the front of your thigh. Hold. Lower foot to the floor. Repeat, stretching the right leg before stretching the left leg. Hold onto the wall with the Right hand and use the left hand to stretch the left leg.



4

Calf Stretch

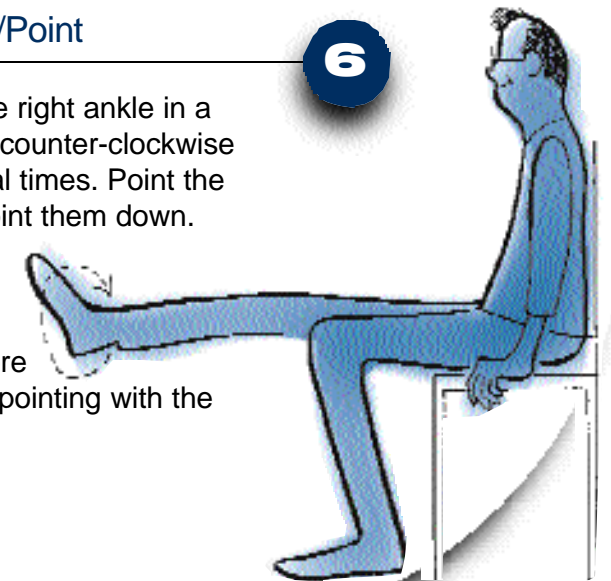
Stand facing a wall with both hands placed on the wall. Place the right foot well behind your body. Keeping the right leg straight, and heel to the ground, lean toward the wall. Hold. Repeat, stretching the right leg before stretching the left leg.



5

Ankle Circles/Point

Slowly circle the right ankle in a clockwise then counter-clockwise direction several times. Point the toes up then point them down. Repeat the circles and points on the right foot before circling and pointing with the left foot.



6

Safety Tips:

- Wear comfortable, supportive walking shoes
- Walk on even, hard surfaces
- Do not walk alone, especially at night
- Do not walk during extreme heat/humidity/cold
- Warm up and cool down every walk
- Carry cell phone for emergencies
- Drink plenty of water before, during and after

Walking Tips:

- Stand up straight while walking (chin up)
- Swing arms at 90 degree angle
- Execute a good stride while walking
- Do not hold your breath while walking
- Be able to talk while walking
- Add time and distance to goals
- Do not wear ankle weights while walking

Illustrations by Jeanne A. Benas

W Weights are optional and may be used progressively as you become stronger.

- The Twelve Week program below is progressive and may need to be altered by individual considerations or level of fitness.
- After Week Twelve, work on decreasing the time it takes to walk 3 1/2 miles, or increase the distance progressively by 1/4 mile increments.
- If at any time during a walk you feel faint, nausea, or weak, STOP.
- Compliment your walking program by performing a strength training program 2 to 3 days per week.
- Older individuals may want to increase distance and frequency walked rather than intensity (RPE).

For optimal benefits walk 5-7 days per week at an intensity of RPE 11-15.

Record the number of days you walked and the duration per week

Week	Distance	Days Walked	Time Walked
1	3/4 mile		
2	1 mile		
3	1-1/4 miles		
4	1-1/2 miles		
5	1-3/4 miles		
6	2 miles		
7	2-1/4 miles		
8	2-1/2 miles		
9	2-3/4 miles		
10	3 miles		
11	3-1/4 miles		
12	3-1/2 miles		

CHOOSING AN EXERCISE INTENSITY RANGE

AGE	40	45	50	55	60	
FITNESS LEVEL	Heart Range Range	Heart Range Range	Heart Range Range	Heart Range Range	Heart Range Range	RPE
Low Fitness	125-138	123-135	120-132	118-129	115-126	11-12
Average Fitness	139-150	136-148	133-145	130-141	127-138	13-14
High Fitness	151-164	149-159	146-155	142-151	139-147	14-15

Note: Heart rate ranges based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting heart rate of 70.

By following the instructions contained herein, the reader willingly assumes all risks in connection with such instruction. The Publisher shall not be liable for any damages resulting, in whole or in part, from the readers use of, or reliance upon this material. User should consult their physician before beginning an exercise program.

WALK INTO FITNESS

Rate of Perceived Exertion by Borg®

RPE Exertion Chart

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Rate the degree of exertion you feel during exercise.

Progress slowly to recommended levels of physical activity for optimal benefits.

Borg-RPE-skalan®
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"The scale with correct instructions can be obtained from Borg Perception.se the home page: www.borgperception.se/index.html"



- * Maintain and build muscle mass
- * Improve cardiovascular strength and endurance
- * May decrease risks for heart disease
- * Maintain and improve functional capacity
- * May help decrease depression
- * Maintain independence!

For more information on exercise visit www.myfitscript.com