

TIP SHEET

Is Walking Enough?

Walking has proven to be the key to a successful weight loss and fitness plan for many. For example, the Diabetes Prevention Program enrolled subjects who were at high risk for developing type 2 diabetes. Participants lost approximately 10-15 pounds each and started a program of 30 minutes of moderate physical activity, five days a week—and most of them relied on walking as their primary activity.

The results were dramatic: participants in the study reduced their risk of developing diabetes by nearly 60 percent during the course of the study. And walking is a natural—it's free, requires no special equipment and people of all ages can enjoy it all year long. The sample walking program below can help get you on your way to better health.

Walking Program

	Warm Up	Target Zone Exercising	Cool Down Time	Total Time
Week 1*	Walk normally 5 min.	Then walk briskly 5 min.	Then walk normally 5 min.	15 min.
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

*Maintain at least three sessions during each week of the program, working up to five days a week. If a particular week seems tiring, repeat it before going on to the next level. You do not have to complete the walking program in 12 weeks.