Fun Walk Workouts   Lesson 9

As you know, walking is a great way to travel and exercise too. Here is a way to add variety to your walking program. Using the chart below, select and schedule 4 times during the week when you can walk for 40 minutes.

PROGRAM #1:

Warm Up:	Stretch and march in place for 5 minutes
Regular Walk:	Walk at an aerobic pace for 10 minutes
Power Walk:	Walk 2 minutes like a race walker; stand tall and swing your arms vigorously
Station #1:	Stop and face the curb, standing in the street. Step up on the curb with the right foot then the left. Repeat 10 times
Power Walk:	Walk 2 minutes like a race walker; stand tall and swing your arms vigorously
Regular Walk:	Walk at an aerobic pace for 10 minutes
Cool Down:	Walk at a comfortable pace for 5 minutes, stretch

PROGRAM #2

Do program #1 and add the following:

Station #2:	March in place 10 times
	Extend arms in front, palms down
	Lift right knee as high as you can and touch left hand
	Lift left knee and touch to right hand. Repeat 5 times
	March in place 10 times
Power Walk:	Walk 2 minutes like a race walker; stand tall and swing your arms vigorously
Regular Walk:	Walk at an aerobic pace for 10 minutes
Cool Down:	Walk at a comfortable pace for 5 minutes, stretch

There are other things you can do to spice up your walking routines. Consider walking in a nearby park or mall. Find a walking partner or get a family member to join you. Also, use your walk as a time to explore and discover your community.

At this time, you are probably walking for 40 minutes, 4 times per week. To add variety to your program, try the programs noted above. Use Program #1 for your first 40 minute walk and Program #2 for your remaining walks. Remember to warm up and cool down. On the days you don't plan to walk, do stretching and strengthening exercise. And do as many Sit Down activities as possible.

Continue to monitor your heart rate. Adjust your activity as needed. Walk faster to increase your heart rate, and slow down if your heart rate is too high.