



## Let's Walk Tiger Nation

Walking is an excellent way to become more physically active. It's free, fun, and you can do it almost anywhere.

### Six Reasons to Get Up and Walk:

1. Regular walking can burn calories along with maintaining healthy eating habits to manage weight.
2. Walking is a very natural movement that doesn't cause undue stress to your body.
3. Regular brisk walking has many health benefits.
4. Brisk walking is an aerobic activity that makes your heart, lungs and muscle stronger.
5. Regular walking refreshes the mind, reduces fatigue, increase energy, and improve sleep.
6. Walking can be a great time to share and socialize with friends and family.

### Getting Started:

- A little walking every day is better than an occasional weekend bout of activity. Start with short, 10 minute walks and build from there.
- Consider using a pedometer or fitness app on your smartphone to measure the number of steps.
- Warm up before and cool down after activity
- Choose routes that are safe and convenient. Avoid heavy traffic, loose dogs, and rough/uneven grounds. Remember hills are more difficult, so start out on flat ground and progress to hills later.
- Find a Walking Buddy, if needed.
- Practice safety first. Never walk in the dark alone, wear reflective gear. Bring a cell phone.
- In the summer, walk during the coolest hours of the day, choose shady route and stay hydrated. Wear cotton or dri-fit clothing.
- In the winter, watch for ice and dress in layers along with wearing hat and gloves.
- Always wear comfortable, appropriate shoes.

## Sample 10-Week Walking Plans to Get You Started

### Walking Program for Beginners

<b>Week</b>	1	2	3	4	5	6	7	8	9	10
<b>Minutes Walking</b>	10	12	15	18	20	23	25	30	32	35
<b>Walks per Week</b>	2	2	3	3	3	3	3	3	3	3

### Walking Program for the Physical Active

<b>Week</b>	1	2	3	4	5	6	7	8	9	10
<b>Minutes Walking</b>	20	23	25	30	30	35	35	40	42	45
<b>Walks per Week</b>	4	4	4	4	5	5	5	5	5	5

## Every Step Counts Conversion Chart

<b>Minutes</b>	<b>Steps</b>	<b>Miles</b>
<b>12-15</b>	<b>2,000</b>	<b>1</b>
<b>24-30</b>	<b>4,000</b>	<b>2</b>
<b>36-45</b>	<b>6,000</b>	<b>3</b>
<b>48-60</b>	<b>8,000</b>	<b>4</b>
<b>60-75</b>	<b>10,000</b>	<b>5</b>

*Please Note: Steps may vary due to length of the individual's stride*