



Get Walking With This 12-Week Walking Schedule

This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor.

Try to walk at least five times each week. Always start with a five-minute, slower paced walk to warm up and end with a five-minute, slower paced walk to cool down. Start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.

As you become more fit, you'll want to add strength training exercises, such as pushups and lunges, to your routine to meet the physical activity level recommended for healthy adults:

- At least 150 minutes of moderate aerobic activity — or 75 minutes of vigorous aerobic activity — a week
- Strength training exercises at least twice a week

Week	Warm-Up	Brisk Walking	Cool-Down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

Source: U.S. Department of Health and Human Services, 2013 <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20050972>

Online Resources to Search for Places to Walk in CT:

- Trail Link: www.trailink.com
- Hike CT: www.hikect.com
- CT Office of Tourism: www.visitct.com
- Every Trail: www.everytrail.com
- CT Department of Energy and Environmental Protection: <http://www.ct.gov/deep>