

# 4 WEEK WALKING PROGRAM



Walking is a simple, yet powerful lifestyle change you can incorporate into your routine to improve your cardiovascular health and energy levels. Our 4-week walking program will help you get stronger and achieve significant health and body changes without overexertion.

**Walk your way to a happier, healthier life.**

## Warm-Up and Recovery Exercises

Do these simple exercises before and after every walking session to avoid injuries and strengthen your muscles.



### Forward Fold

Stand with feet hip-width apart, bend at the hips, and reach for your toes.

**Hold for 30 seconds.**

### Quadriceps Stretch



Stand tall, bend one knee, and grab your ankle.

**Hold for 20 seconds per leg.**



### Hamstring Stretch

Sit on the ground, extend one leg, and reach for the extended leg's toes.

**Hold for 20 seconds, then switch legs.**

## LET'S START!

### 1 Week 1 - Easy Breezy Beginnings:

**Mon:** 15 minutes at a gentle pace  
**Wed:** 15 minutes at a gentle pace  
**Fri:** 15 minutes at a gentle pace  
**Sun:** 20 minutes at a gentle pace  
**Rest Days:** Tue, Thu, Sat

**Congratulations! You're off to a fantastic start!**  
 Keep up the great work and enjoy the journey ahead!

### 2 Week 2 - Moderate Mode On:

**Mon:** 15 minutes, start with a gentle pace for the first 5 minutes, then switch to a moderate pace.  
**Wed:** 20 minutes, start with a gentle pace for the first 5 minutes, then switch to a moderate pace.  
**Fri:** 25 minutes, start with a gentle pace for the first 5 minutes, then switch to a moderate pace.  
**Sun:** 30 minutes, start with a gentle pace for the first 5 minutes, then switch to a moderate pace.  
**Rest Days:** Tue, Thu, Sat

**You're leveling up like a pro!**  
 Every step is a triumph—keep moving forward, and victory will be yours!

### 3

### Week 3 - Embrace the Challenge:

**Mon:** 25 minutes at a moderate pace  
**Wed:** 30 minutes at a moderate pace, including 5 minutes of brisk walking  
**Fri:** 25 minutes at a moderate pace  
**Sun:** 30 minutes at a moderate pace, including 5 minutes of brisk walking  
**Rest Days:** Tue, Thu, Sat

**Congratulations on your progress!**  
 Your commitment to walking has not only improved your cardiovascular health but also made you stronger and more fit with each step.

### 4

### Week 4 - Unleash Your Walking Power:

**Mon:** 30 minutes at a moderate pace  
**Wed:** 45 minutes at a moderate pace, including 10 minutes of brisk walking  
**Fri:** 30 minutes at a moderate pace  
**Sun:** 45 minutes at a moderate pace, including 10 minutes of brisk walking  
**Rest Days:** Tue, Thu, Sat

**You did it!**  
 By dedicating 210 minutes to walking each week, you are actively investing in your health, reducing the risk of heart disease and stroke by 35%, and Type 2 diabetes by 40%.

**Your journey toward health is on the right track—keep it up!**