

Notice: You should get your physicians approval prior to beginning a fitness program, particularly if you are over 50 or if you have health concerns.

BENEFITS OF WALKING

- Burns calories
- Strengthens back muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones your legs and butt
- Cuts cholesterol
- Reduces risk of heart disease & diabetes
- Reduces Stress
- Sleep better
- Improves mood and outlook on life
- Can be done almost anywhere
- Requires no equipment
- AND it's FREE!

This brochure brought to you by:



Promoting a Healthy Active Lifestyle
for the Women of Coos County

To learn more about us send email to:
womenshealthcoalition@gmail.com

Building a Healthy Walking Habit

A beginner's guide to starting and building a daily walking habit in Coquille



12 WEEK BEGINNER SCHEDULE

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

Having a hard time getting started ... here is an easy to follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks. Everyone has a different goal. 60 minutes a day is good, especially if your goal is weight loss in addition to overall fitness. The American Heart Association recommends 30 minutes of moderate exercise 5 days a week for adults 18-65 years of age.

Consistency is key in creating a new habit, so be sure that you get something in at least 5 days a week. The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last weeks schedule.

It's ok to take a day off once a week or choose a day to do some other form of exercise. This is called "cross training". Choose one of the lighter days for this. As a beginner you may want to get the walking habit down before you add cross training to your routine.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program. Do not let this keep you from walking. On the other hand if you are in pain it may be prudent to take a day of rest. If the pain continues see a physician.

*This information is courtesy of **The Walking Site** and came from their website at www.thewalkingsite.com

Coquille Walking Paths

Getting started is as easy as walking out your front door. Use the schedule on the back as a guide to set appropriate goals.

The maps show some suggested paths to get you started. The paths are color coded with Green being easy. Yellow routes will include some low hills and will add some distance. The green and yellow "Downtown" paths are intended to be walked clockwise. You can add Red and Purple to your walk when you feel you are ready for more. Purple adds some moderate to difficult climbing and more distance. Red adds some very steep climbs.

Use protected crosswalks whenever possible, stay on sidewalks or the left side of the road and always watch for traffic. Do not walk after dark and if you can find a walking buddy.

Many people combine their walking with errands they have to do around town. The Yellow and Green downtown paths take you past the library, city hall, the post office, Saturday Farmers Market and downtown businesses.

Easy 1.1 miles round trip - Downtown
 1.0 mile round trip - Sturdivant park
 0.9 mile round trip - Sanford Heights

Moderate 1.5 mile round trip Downtown
 3.1 mile round trip "The Loop"

Difficult 3.3 miles - Residential loop

Most Difficult 1.2 mile out & back

