



Start Right Now, Right Where You Are.

This 8-week walking program is perfect for beginners who are new to physical activity. Aim to walk at a pace that makes you breathe and sweat harder for the durations listed below. You'll soon be well on your way to crushing the recommended 150 minutes of moderate-to-vigorous physical activity adults need every week.

BEGINNER WALKING PROGRAM

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	15 min	Rest	Rest	15 min	Rest	Rest	20 min
2	15 min	Rest	15 min	Rest	15 min	Walk or rest, your choice!	20 min
3	20 min	Rest	20 min	Rest	20 min	Walk or rest, your choice!	25 min
4	20 min	Rest	20 min	Rest	20 min	15 min	25 min
5	25 min	Rest	25 min	Rest	25 min	Walk or rest, your choice!	30 min
6	25 min	Rest	25 min	Rest	25 min	20 min	30 min
7	30 min	Rest	30 min	Rest	30 min	20 min	35 min
8	30 min	Rest	30 min	Rest	30 min	30 min	25 min



This 8-week walking program is intended to guide those who are new to physical activity. Before starting any exercise program, consult a doctor or CSEP-certified exercise professional for advice.

