



Health and Fitness Club led by Health and Fitness Coordinator

One Year Walking Schedule

Start your club with warming up with a five-minute, slower paced walk.

Your club participants should start at a pace that's comfortable. Your club participants should then gradually pick up speed until walking briskly — generally about 1.5 miles to 2.0 miles in 30 minutes.

Your club participants should be breathing hard, but should still be able to carry on a conversation.

Slow your clubs pace to cool down during the last five minutes of the walk.

Remind your club that their goal is to do at least 5 days of exercise!

Month	Warmup	Brisk walking	Cool-down
1	5 minutes	15 minutes	5 minutes
2	5 minutes	15 minutes	5 minutes
3	5 minutes	15 minutes	5 minutes
4	5 minutes	20 minutes	5 minutes
5	5 minutes	20 minutes	5 minutes
6	5 minutes	20 minutes	5 minutes
7	5 minutes	25 minutes	5 minutes
8	5 minutes	25 minutes	5 minutes
9	5 minutes	25 minutes	5 minutes

10	5 minutes	30 minutes	5 minutes
11	5 minutes	30 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

Modified from the National Heart, Lung, and Blood Institute

Ways to add FUN to your walking club:

- Play or listen to music while walking.
- Switch up your walking trails/locations.
- Walk to a park or location where you can hang out and enjoy each other's company after exercising.
- Invite club participants with their dogs as well!
- Play games while you are walking like, I spy, 20 questions, or Follow the Leader
- Create themes for your walk, like silly hat walk, or crazy sock walk.
- Stop and do some exercises like sit ups, push-ups or jumping throughout the walk.