



# Simple Walking Schedule

You may also break the total times up into 10 minute increments if you prefer. The idea is to stay consistent with any walking—no matter if you follow the schedule or not.

**For more information, go to: [thewalkingsite.com](http://thewalkingsite.com)**

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

## Tips for success!

- Replace your shoes every 300-600 miles or every 4-6 months. Use the old shoes for gardening or other chores.
- To tell if you are working hard enough, use the “talk test.” If you can’t talk, you are working too hard. If you can sing, you aren’t working hard enough.
- Warm up: Do warm up exercising at a lower intensity in order to get the blood circulating and to let your body know that you are preparing for exercise.  
Start out a little slower for a few minutes and then follow the “talk test” guidelines.
- Cool down: At the end of your walk you need to walk at a slower pace to cool down. The harder you have worked out the longer you should cool down.
- Stretching: You can stretch before and/or after walking. Move slowly into each stretch, don’t bounce, and hold for 10-30 seconds.
  - ◇ Calf stretch: Stand on your toes on a step or curb. Hold on to something for balance. Slowly allow each heel to move down.
  - ◇ Hamstring and lower back: Place one foot slightly forward and put your weight on back leg. Keep both knees slightly bent. Slowly lean forward while keeping your head up and torso lengthened.
  - ◇ Gluteal stretch: Sit or stand (hold onto something). Cross one foot over the other knee and slightly lean forward.
  - ◇ Quadriceps stretch: Stand and hold onto something. Bring one foot toward your buttocks. Grasp your ankle and slowly pull your foot up.





# 10,000 Step Exercise Program

The purpose of the 10,000 step program is to increase your activity level. This can be done by starting a formal walking program but it also can be accomplished simply by walking more whenever you can. Examples of this would be parking farther out in the parking lot or taking the stairs or walk while you are on the phone. By increasing your activity level everyday you increase your basic level of fitness and burn more calories.

You can buy a step meter at most sporting good stores or pharmacies. The meters come with instructions and usually are easy to set up.

## THE NUMBERS:

2,000 steps = 1 mile

Less than 3,000 steps/day = very sedentary (couch potato)

3,000-5,000 steps/day = sedentary (need to get moving)

5,000-7,000 steps/day = active (now you're moving)

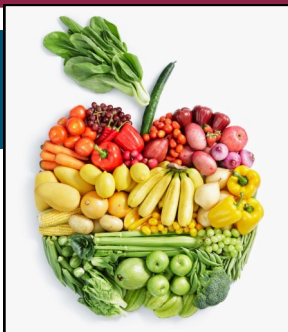
7,000-10,000 steps/day = very active (starting to push it)

Greater than 10,000 steps/day = ideal (now you're burning the calories)

Try to make sure you are never under 5,000 steps in a day. Try to get to 10,000 steps at least 3 times per week. Remember—every step counts!



10,000 StepFLY0219



# Weight Loss Tips, Page 1

Losing weight is hard. Reasonable lifestyle changes that can be sustained over the long term tend to work the best. Even a 3-5% weight loss can give you significant health benefits.

Listen to your body. Try to eat only when you are hungry. Ask yourself when you are planning to eat if you are eating for hunger or only because it is a certain time of the day, you are bored, or just because others are eating.

Food tastes best when we are hungry and the first 10 bites or so are the most enjoyable. Also, the pleasure of eating occurs when the food is in our mouth. Once it has been swallowed, the pleasure is gone. Take your time and savor each bite.

Slow down... Ideally we should take 30 - 40 minutes to finish a meal. This allows the food some time to digest and send signals to the brain saying we are getting full. Consider using a smaller plate and children's utensils. And please turn the TV off while you are eating.

When eating out think about sharing a meal. Be aware of serving sizes. Also plan to bring leftovers home. Sometimes asking for a takeout container at the beginning of the meal is reasonable. Make sure to put some of the food away before eating more than you were planning to eat.

Try to focus on eating plenty of vegetables and some fruit, lean sources of protein such as chicken, fish, turkey and beans. You can get moderate amounts of healthy fats from nuts, avocados and olive oil. Avoid excessive carbohydrates in sweets, breads, pasta, rice and potatoes. Whole grains are better.

Do what you can to be active. Try to find something that you enjoy, a good variety is best. Some weight or resistance training is good to build muscle, because muscles burn calories when we are sleeping. This will help you in maintaining your weight loss. Avoid prolonged sitting, no more than 45 minutes at a time. It will make it harder for you to burn fat.

Gradually increase your exercise routine. Even a 5 minute walk is better than nothing (think of this as an exercise snack). For healthy weight you need 30 minutes a day on most days. For weight loss and maintenance of weight loss you will need 45-60 minutes on most days. It does not all have to be at once. You can do it in increments.

Usually some kind of structured program works the best. We do better with support. It can be your doctor, a weight loss specialist, a friend, a dietician, a coach, on-line, in person, an App on your phone etc. Whatever works the best for you is the best program!

Realize it takes time to lose weight, to prepare healthy meals and to exercise. And it also can take time before you see significant results. You might not see changes on the scale right away, but don't give up. You may still feel better, have more energy, sleep better and your blood pressure, cholesterol, your mood and blood sugar may all be better. You will find that you have more energy and time to do the things you enjoy!

If you see no results and you have given it a good try, talk to your doctor.

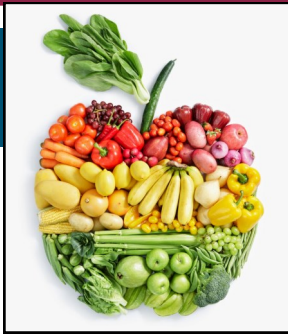
Start with small manageable changes, so you can succeed. Remember to give yourself credit even for small results.

If you have a bad day, just go back at it the next day. Don't give up. If you drop a box of eggs and few break, you are not going to throw the whole box away!

Results from lifestyle changes last as long as they are maintained. If you go back to your old habits you will soon find yourself where you started. It is like showering in the morning...shower again tomorrow, and the next day, etc... We are not expecting the fresh feeling to continue forever, we have to repeat the showering again, and again...



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# Weight Loss Tips, Page 2

For more info go to [www.healthwise.net/patientEd](http://www.healthwise.net/patientEd)  
And then type in the CODE to get to the correct information.

Code	Title
U807	A Healthy Lifestyle
U357	Healthy eating
O407	Mediterranean diet
H930	Diet and exercise for metabolic syndrome
T756	Eating healthy foods
U357	Starting a weight loss plan
L869	When you are overweight
R159	Walking for exercise
G469	Learning about bariatric surgery
I147	Learning about diabetes food guidelines
Z777	When your child is overweight
D727	Your child who is overweight
L646	Learning about healthy eating for teens

## Walking resources:

A good source for indoor walking options is from Twin Cities Moms. © 2019 Twin Cities Moms – Kids and Family Guide. [Twin Cities Moms, LLC](http://www.twincitiesmoms.com)

<http://guide.twincitiesmoms.com/where-to-walk-indoor-for-free-twin-cities/>



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