

Beginner Walking Program

Name: _____
DOB: _____
MD: _____

- Week 1 - 2: Walk 10-15 minutes at a slow but steady pace.
- Week 3 - 4: Add 2 - 4 minutes to your daily walk over 2 weeks.
- Week 5 - 6: Add 2 - 4 minutes to your daily walk over 2 weeks.
- Week 7 - 8: Add 2 - 4 minutes to your daily walk over 2 weeks.
- Week 9 - 10: Walk a little more briskly.
- Week 11 - 12: Enjoy your accomplishment and consider moving to the progression phase of exercise if you tolerated weeks 9 - 10 well.

***IF YOU ARE HAVING DIFFICULTY WITH THIS PROGRAM, CONSULT YOUR PHYSICIAN AND SEEK GUIDANCE FROM AN EXERCISE PROFESSIONAL.**

Service Hours: 8:00 a.m. - 7:00 p.m.
(Facility hours may vary) 8:00 a.m. - 6:00 p.m.
8:00 a.m. - 1:00 p.m.

Monday
Tuesday, Wednesday, Thursday
Friday

Clinic Location: 3921 - 30th Avenue
Suite A
Kenosha, WI 53144
262-925-0311
(f) 262-652-2370
Located in Washington Plaza

