



**WALKTOBER**

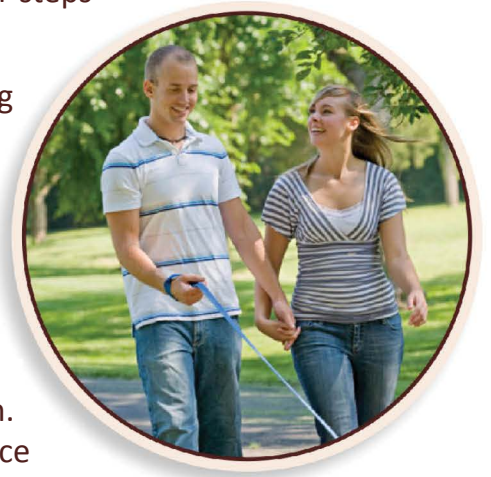
Thrive

# WALKTOBER

## IMPROVE YOUR WELL-BEING THROUGH WALKING

The goal of this initiative is to add walking breaks to your day and to accumulate as many steps as you can reasonably attain according to your ability. Additionally, Walktober gives you the opportunity to improve your well-being in the following ways:

- ▶ Improve social well-being by connecting with others and strengthening relationships you have in your life. This can be done by taking a walk around the block to catch up with your spouse, significant other, family, co-workers, friends, etc., or you can challenge them (and yourself) to walk a certain amount of miles or accumulate a certain number of steps each day or week.
- ▶ Improve community well-being by participating or volunteering in a local walking/running or community event. You could take it a step further and participate or volunteer with your family or create a team with co-workers.
- ▶ Improve physical well-being and gain more energy through physical activity breaks. According to [surgeongeneral.gov](http://surgeongeneral.gov), being physically active is one of the most important steps that people of all ages and abilities can take to improve their health. Increasing people's physical activity level will significantly reduce their risk of chronic disease and premature death and support positive mental health and aging.



### NEED A WALKING GOAL? HERE ARE SOME GUIDELINES:

- ▶ Adults should aim for at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.
- ▶ People who are not currently active or meeting these guidelines are encouraged to work toward this goal.
- ▶ People with disabilities who are unable to meet these guidelines are encouraged to get regular physical activity according to their abilities.

GRAB YOUR TENNIS SHOES AND JOIN US ON OUR QUEST FOR IMPROVED WELL-BEING THROUGH WALKING!

# WALKING: A BEGINNER'S WORKOUT

This beginner's workout will have you walking longer, farther and with more intensity than you ever thought possible! If you are comfortable starting at a higher level than Level 1, please do. Do your best to work up to the full 30 minutes. It is fine to combine two walks in the same day to equal 30 total minutes of walking.

WORKOUT	WARMUP	WALK TIME	COOL DOWN
1	5 MINUTES	5 MINUTES	5 MINUTES
2	5 MINUTES	7 MINUTES	5 MINUTES
3	5 MINUTES	9 MINUTES	5 MINUTES
4	5 MINUTES	11 MINUTES	5 MINUTES
5	5 MINUTES	13 MINUTES	5 MINUTES
6	5 MINUTES	15 MINUTES	5 MINUTES
7	5 MINUTES	17 MINUTES	5 MINUTES
8	5 MINUTES	19 MINUTES	5 MINUTES
9	5 MINUTES	21 MINUTES	5 MINUTES
10	5 MINUTES	24 MINUTES	5 MINUTES
11	5 MINUTES	27 MINUTES	5 MINUTES
12	5 MINUTES	30 MINUTES	5 MINUTES

# WALKTOBER TRACKER

Use this chart to record your daily walks. The goal is to walk at least 30 minutes, five days per week. That is a total of 150 minutes of walking at the end of each week!

OCTOBER 2020	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY	___/30	___/30	___/30	___/30	___/30
MONDAY	___/30	___/30	___/30	___/30	___/30
TUESDAY	___/30	___/30	___/30	___/30	___/30
WEDNESDAY	___/30	___/30	___/30	___/30	___/30
THURSDAY	___/30	___/30	___/30	___/30	___/30
FRIDAY	___/30	___/30	___/30	___/30	___/30
SATURDAY	___/30	___/30	___/30	___/30	___/30