Beginner Fitness Program

We recommend a warm-up and cool-down activity each time you exercise.

**WE SUGGEST**

**Week 1**
Slow, easy walking pace for a few minutes before and after activity.

**Week 2-7**
Slow, easy walking pace for 5 minutes before and after activity.

**Week 8 and beyond**
Slow, easy walking pace for 5-10 minutes before and after activity.

**Suggestion**
If at any point you don’t feel ready to move to the next stage, spend another week in your current stage. This does not equal failure.

**READY TO WORKOUT**
Beginner Fitness Program

- **Light**
  - **Week 1**
    - **60 minutes weekly**
      - Light intensity walking* for a total of 20 minutes per day (may be done in two 10 minute bursts), 3 days per week
  - **Week 2**
    - **75 minutes weekly**
      - Continue light intensity walking.* Increase to 25 minutes per day, 3 days per week
  - **Week 3**
    - **90 minutes weekly**
      - Continue light intensity walking.* Increase to 30 minutes per day, 3 days per week
  - **Week 4**
    - **120 minutes weekly**
      - Continue light intensity walking.* Increase to moderate intensity walking* for 30 minutes per day, 4 days per week
  - **Week 5 & 6**
    - **120 minutes weekly**
      - Continue light intensity walking.* Increase to moderate intensity walking* for 30 minutes per day, 4 days per week
  - **Week 7**
    - **135 minutes weekly**
      - Continue moderate intensity walking.* Increase to 30 minutes per day, 5 days per week
  - **Week 8**
    - **150 minutes weekly**
      - Continue moderate intensity walking.* Increase to 30 minutes per day, 5 days per week
  - **Maintenance**
  - **150 minutes weekly**
    - Continue moderate intensity walking* for 30 minutes per day, 5 days per week

*See Know Your Limit for exercise intensity in page 2
Know Your Limits

The “Talk Test” is an easy way to judge the intensity of your activity.

**LIGHT**
No noticeable changes in breathing. You can carry on a full conversation or even sing.

**MODERATE**
Breathing effort increases without being out of breath. You can have a conversation but not sing.

**VIGOROUS**
Breathing is deep and rapid. You can’t say more than a few words without pausing for breath.

Once the Beginner Fitness Program is complete, please choose one of the following three options:

1. Continue moderate intensity walking for a total of 30 minutes daily for 5 days per week.
2. Continue on to the Advanced Fitness Program (more walking/jogging) for added health benefits!
3. Continue on the Flexibility and Resistance Training Program (stretching and weights) for added health benefits!
Keep Track of Your Progress

Use this form to write down the amount and intensity of the exercise you are doing. You can compare your weekly total to the total weekly time goals provided in the program. If you don’t meet the designated goal, refer back to Losing Focus: Don’t Give Up!

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<th>Day 1</th>
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<th>Day 4</th>
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Congratulations!

If you have made it to this portion of the *Fitness Prescription*, you have either completed the Beginner Fitness Program, Advanced Fitness Program, or both! This is a wonderful accomplishment, and you should be very proud of yourself!

Now is a great time to reward yourself. Don’t choose food rewards. Instead think of things that will be a treat but also keep you on the road to continued health. Some great choices are:

• NEW EXERCISE CLOTHES

• A GREAT PAIR OF ATHLETIC SHOES

• A MASSAGE
Sources


