

WALKING

For your health and the feel-good benefits!



Walking is the most natural, accessible and inexpensive physical activity we can do. It's a safe and easy way to integrate physical activity into our daily routine to maintain a healthy lifestyle.

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**15-30 minutes of walking per day
can change your life!**

The Benefits of Walking

Reduces stress

Improves morale and self-esteem

Helps control diabetes

Improves the immune system

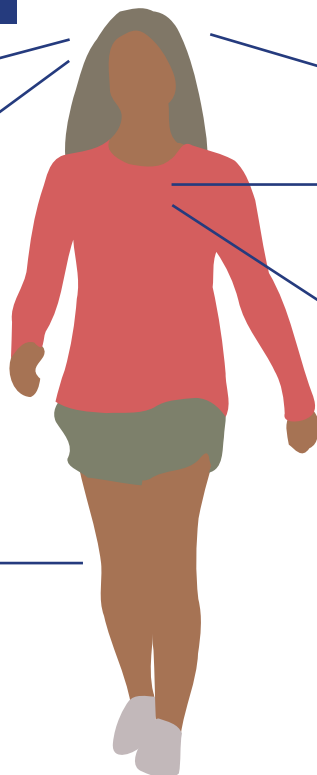
Strengthens and tones muscles

Improves sleep

Reduces the risk of cardiac disease

Prevents hypertension

And it's free!



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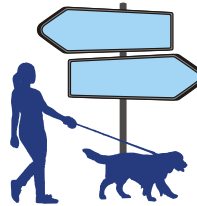
Starting Off On the Right Foot



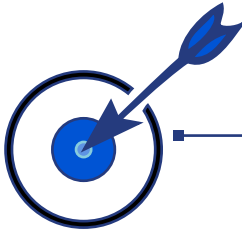
Wear suitable shoes that provide support and comfort



Choose the time of day that best suits you



Choose a variety of routes to help stay motivated



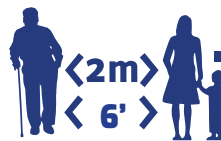
Set realistic and progressive goals for yourself



Smile and share it with others on your route



Select routes close to home: open parks, sidewalks, trails, etc.



Respect the distance of 2 meters (6 feet) with passersby



Begin with a frequency and intensity that corresponds to your physical abilities



Wash your hands with soap and warm water for 20 seconds when you get home

SUGGESTED PROGRESSION

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Level 1 3 times / week	10 min.	12 min.	14 min.	16 min.	18 min.	20 min.
Level 2 3-5 times / week	15 min.	18 min.	21 min.	24 min.	27 min.	30 min.
Level 3 Once daily	30 min.	32 min.	34 min.	36 min.	38 min.	40 min.

If your physical ability allows, increase the walking speed halfway through your walk.