

Overweight Walking - Step One

This is the first step to getting fit if you are very overweight or very unfit.

Take care to follow this guide carefully so that you do not injure yourself or get discouraged.

I want you to enjoy your walking so follow these simple tips, which will help you prepare for walking.

Step One

Getting ready to walk

Find ways to increase your standing activities each day.

This means that instead of sitting on the sofa and reaching for the changer – get up and walk to the television, video or play station and turn it off at the set.



Do the ironing standing up.

Try walking while talking on your cordless phone.

Instead of reaching for a snack when the commercials are on, get up and walk about your home.

Prepare the vegetables yourself standing at the sink instead of buying prepared ones.

Park your car in a space farther away from the entrance of a store instead of trying to find the nearest parking place.

Get up and take two minute walking breaks during your coffee breaks at work or when working on the computer.

Try taking the stairs instead of the elevator whenever you can, but don't overdo it!

Think of things you can do in your life that will increase your activity, and don't be surprised if you get out of breath doing these things, just have a rest, then continue. I promise you they get easier the more you do them!

After one week or two weeks, depending on how unfit and/or overweight you were, you can now

walk a little further.

Your goal now will be to walk for 5 minutes each day.

That is only two and a half minutes out and two and a half minutes back.

The main thing is to build up gradually and not to put stress on your joints by rushing the steps.

Aim to walk slowly at first- again don't get discouraged if you get out of breath, take a rest and then carry on.

Walking will make you more healthy. It takes time to change your lifestyle but I know you can do it.

If you find 5 minutes is too much, try two walks of two and a half minutes, each day.

Try to increase how fast you go until instead of strolling you are walking at a brisk pace.

This means you can still talk normally and not be gasping for breath – if you do then slow down you are walking too fast.

Remember to walk with your chin up and look straight ahead not down at the path or sidewalk. Swing your arms gently as you walk.

Walk for five minutes each day for two weeks and that is step one done!

Overweight Walking Plan - Step Two

If you have followed Step One then you should be walking for 5 minutes each day.

You need to increase your walking gradually and the best way to monitor this - is to get a pedometer.



If you would like to know how far you have walked each day, a pedometer will tell you and it will help you focus on how many steps you take daily.

Start by wearing your pedometer as you go about your normal day's activities, whether at work or at home.

Week One:

Write down the number of steps you take each day for a week.

Most people average between 800 to 2200 daily.

What was your daily highest number?

Week Two

Walk this number each day for the next week.

Week Three

Now step two really comes into action.

Aim for 150 more steps each day than in week two.

Week Four

Aim for another 150 steps daily.

So at the end of week four you are daily walking 300 steps more than you were in week two.

Week Five

Add another 150 to your total.

Week Six

Aim for another 150 steps each day.

If you experience any discomfort or pain then stop and rest or see a doctor if necessary.

Remember - develop your own walking plan at your own pace. Don't rush, build walking into your lifestyle and enjoy it. Build up to 5,000 steps a day.

Overweight Walking - Step Three

Overweight Walking Plan - Step Three

If you have followed Steps **One** and **Two** then you are ready for the final step.

You should now be taking 5,000 steps a day which means you are walking approx 2 1/2 miles a day and well on the way to becoming a slimmer and fitter person.

Your next target is to get to 10,000 steps a day.

10,000 steps a day may sound a lot but just walking for between 40 and fifty minutes each day can add another 5,000 to your target.

Remember the 40 to 50 minutes doesn't have to be taken all at once.

Find times in your day when you can walk in short bursts.

Use your lunch times or breaks to walk for ten to fifteen minutes.

Try walking to work or walking with a friend around a Mall.

Walk your dog or your neighbor's.

Walk your children to school.

Take the stairs whenever possible.

Remember to record the number of steps your walking diary - it is amazing how they add up



- **Week One** 5,500 steps daily
- **Week Two** 6,000 each day.
- **Week Three** 6,500 steps daily.
- **Week Four** 7,000 steps daily.
- **Week Five** 7,500 steps daily.
- **Week Six** 8,000 steps each day.

- **Week Seven** 8,500 steps daily
- **Week Eight** 9,000 steps each day.
- **Week Nine** 9,500 steps daily.
- **Week Ten** 10,000 steps each day - congratulations you have reached your target!

5 miles or 10,000 steps a day is considered to be the ideal distance for an average active person.

Remember - develop your own walking plan at your own pace.

Don't rush, build walking into your lifestyle

and **enjoy your walking!**