

GOAL: Start a Walking Program



If you're starting from Ground Zero, this is the program for you. Perhaps you've never exercised before – and you'd rather not use the “E” word to describe what you're about to take on. Instead think of it as something you'll do to feel better physically and mentally. Designed to get you in a routine of walking, your goals are time-based, realistic, and attainable. No distances to hit, it's just you and your timer, clicking off the minutes.

This program is for you if:

- Your lifestyle has been sedentary up to now;
- You're recovering from a long-term illness or severe injury;
- You wish to build an endurance base and eventually be able to walk farther and/or faster.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 min Stretching	Walk 10 min	Walk 10 min		Walk 10 min	Upper Body Movement	Walk 10 min
15 min Stretching	Walk 10 min	Walk 15 min		Walk 10 min	Upper Body Movement	Walk 15 min
15 min Stretching	Walk 10 min	Walk 20 min		Walk 10 min	Upper Body Movement	Walk 20 min
15 min Stretching	Walk 15 min	Walk 20 min		Walk 15 min	Upper Body Movement	Walk 20 min
15 min Stretching	Walk 15 min	Walk 20 min	Walk 10 min	Walk 15 min	Upper Body Movement	Walk 20 min
15 min Stretching	Walk 15 min	Walk 20 min	Walk 15 min	Walk 15 min	Upper Body Movement	Walk 20 min
15 min Stretching	Walk 15 min	Walk 20 min	Walk 20 min	Walk 15 min	Upper Body Movement	Walk 20 min
15 min Stretching	Walk 15 min	Walk 20 min	Walk 20 min	Walk 20 min	Upper Body Movement	Walk 20 min

KEY

Stretching: Stretch hamstrings, quadriceps, hip flexors, and calves. Find stretches here: [weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try](https://www.weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try)

Upper Body Movement: Simple and designed to keep you active, do each movement for 30 seconds one after the other, then repeat twice. Eventually you want to work up to being able to do each movement for 1 minute.

- *Alternating right and left jabs.* Like a boxer, jab the air in front of you.

- *Right and left overhead reach.* Lean a little bit to the right and left as you alternately reach arms overhead.
- *Forward giant arm circles.* Move slowly and deliberately.
- *Reverse giant arm circles.* Squeeze shoulder blades together as your arms circle back.
- *Wall cactus.* Stand with your back against a wall, tailbone and head pressed against the wall, elbows level with shoulders and bent 90 degrees.