



WALKING TIPS FOR BEGINNERS



FOR BEGINNERS...

- Start with a 15-minute routine: 5 minutes warm-up, 5 minutes increased pace, and 5 minutes cool down.
- Gradually increase brisk walking time until reaching 20 minutes, maintaining warm-up and cool down periods.

SWITCH IT UP...

- Increase pace, distance, or time to enhance the workout.
- Try interval walking: mix short bursts of faster walking with slower intervals for recovery.
- Incorporate Nordic walking poles for added intensity.
- Include stairs, bleachers, hills, or vary walking surfaces (avoid uneven surfaces if balance is an issue).
- Walk with a buddy for motivation and companionship.
- Take on challenges like training for a 5k, 10k, half-marathon, or marathon.



LOOKING FOR A WALKING COMMUNITY?

Join walking programs such as **Walk Across Texas**, **Walk Through Texas History**, or the **10&10,000 Change Challenge**. Remember to consult your healthcare provider before starting any new exercise routine.

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FAMILY & COMMUNITY HEALTH