

Starting with 10-minute walks,
ideal for those who are just
beginning their walking journey.

30 DAY Let's Get Walking!

WEEK 1

Getting Started

Day 1-3

Walk for 10 minutes at a comfortable pace.

Day 4-5

Walk for 12 minutes at a comfortable pace.

Day 6-7

Walk for 12-15 minutes, keeping a steady pace.

WEEK 2

Building Consistency

Day 8-10

Walk for 15 minutes at a moderate pace.

Day 11-12

Walk for 18 minutes at a moderate pace.

Day 13-14

Walk for 20 minutes, try to increase your pace slightly.

WEEK 3

Increasing Stamina

Day 15-17

Walk for 25 minutes at a steady pace.

Day 18-19

Walk for 30 minutes at a moderate pace.

Day 20-21

Walk for 30 minutes, add a short uphill or slightly challenging terrain.

WEEK 4

Challenging Yourself

Day 22-24

Walk for 35 minutes at a brisk pace.

Day 25-26

Walk for 40 minutes, try to include some variety in your route (e.g., a mix of flat and hilly terrain).

Day 27-29

Walk for 40 minutes at a brisk pace, and focus on maintaining good posture.

Day 30

Celebrate day 30 with a 45-minute walk at a pace that suits you. Reflect on your progress, enjoy the journey, and appreciate all you've accomplished—you've earned it!

Wear good, supportive shoes to keep your feet comfortable.

Start each walk with a few minutes of slow walking and finish with some gentle stretching to avoid injury.

Stay Hydrated. Drink water before and after your walk.

If you feel any discomfort or fatigue, take a break or shorten your walk. Always listen to your body.

Try to walk daily to build the habit. Even on days you feel tired, aim for at least 10 minutes.

