The Pocket Diet™

Perfect Portion Control That Works!

ePlan

Walking Program & 14-Day Log

Name: _____

Date: _____

Check with your doctor before starting or increasing your exercise program.

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10 Tips for an Effective Walking Program

1. Start out slowly. Going too far or too fast, too soon is the number one cause of injuries. Start with a comfortable distance and then try to add 5 minutes on each week until you reach 60 minutes.
2. Intermittent sessions are just as effective as continuous. If your health or schedule does not permit you to complete a 20 to 60 minute session of walking, you can break your sessions down into 10 to 15 minute intervals throughout the day.
3. Know your target heart rate. Most healthy individuals can exercise between 60 to 90 percent of their maximal heart rate. That zone is where you are going to see the most benefit with the least amount of risk.
4. Warm up for 5 to 10 minutes by walking at a slow pace and gradually increasing speed until you reach your target heart rate. At the end of your session walk slowly for 5 to 10 minutes until your heart rate nears your resting rate.
5. Stop walking if you experience pain, dizziness, severe shortness of breath or any unusual signs or symptoms. If the condition persists, seek medical attention.
6. Drink water before, during and after your walk.
7. Add variety to your walk by walking in intervals of slow, moderate and fast paces. You can also walk up hills, walk on trails or increase the distance of your walks to continue progressing. Never walk with wrist or ankle weights.
8. Prepare for your environment. That may mean dressing in layers that you can take off as you get warmer or wearing synthetic fabrics to draw moisture from your skin. Always wear a hat and sun screen.
9. Choose properly fitted footwear that is supportive and cushioned.
10. Be safe. Walk in a safe area or with a buddy. Carry a cell phone. If you wear a head set keep the volume low so you can be aware of your surroundings.

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Date	Distance or Steps	Time	Heart Rate	Terrain* H, F or M	Type C, It or IV

Terrain: H = Hilly, F= Flat, M= Mixed

Type:
Continuous: 20 to 60 minutes walking at a steady pace
Intermittent: several short bouts of walking throughout the day
Intervals: periods of alternating moderate with brisk-paced walking

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If you have any questions, please post them on the pocketdiet.com fitness message board

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* A pedometer and a heart rate monitor will help you get the most out of your walking program. For more information, go to www.pocketdiet.com

Record the following items on the next page: (Date, Distance/Steps Traveled, Time, Heart Rate, Terrain (Hilly, Flat, Mixed). Type of walk (Continuous, Intermittent, Intervals)

Walking Log

Frequency:	3 to 5 times weekly
Intensity:	65 to 90 percent maximal heart rate*
Time:	20 to 60 minutes
Type:	Variety of flat and hilly terrains
Progression:	Combine intervals of faster-paced walking with your regular-paced walk

Walking Plan

Walking is a convenient and low risk way to start exercising. A regular walking program can help reduce blood cholesterol, lower blood pressure, increase cardiovascular endurance, boost bone strength, burn calories and keep your weight down.

Start A Daily Walking Program

For best results, you need to purchase a copy of ***The Pocket Diet*** @ bookstores everywhere and @ Amazon.com

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