

WHY WALK?

- FREE AND CONVENIENT
- NO EQUIPMENT REQUIRED
- A LOW IMPACT ACTIVITY
- HEALTH BENEFITS
 - Achieve and/or maintain a healthy weight
 - Better attention span and productivity
 - Improved sleep and mood
 - Diminish stress
 - Strengthened immune system
 - Reduced risk of chronic disease and cancer

Source: Centers for Disease Control and Prevention

TIPS FOR SUCCESS

- **START SLOWLY** and gradually build up to longer time/distance.
- **USE A WORKOUT LOG** to chart progress.
- **SET SHORT-TERM AND LONG-TERM** wellness goals.
- **USE AN EVENT**, such as walking a local race, as motivation.



WALKING to Wellness

WELLNESS.ILLINOISSTATE.EDU



Safety first

- Walk with a friend.
- Avoid walking in the dark. If you do, wear reflective clothing or vest.
- Always walk on the sidewalk.
- If there is no sidewalk, walk facing traffic.
- Do not assume vehicles will stop.
- Stand clear of buses, hedges, parked cars, or other obstacles at street crossings.
- Look left, right, and then left again before crossing the street.
- Cross at marked crosswalks or intersections.
- Watch for turning vehicles.
- Obey traffic signals.
- Do not wear headphones, talk on a cell phone, or text while walking.

But I don't have time!

- Make physical activity a priority.
- Schedule exercise just as you would a meeting.
- Block off your walking time on your calendar.
- Set an alert in your phone or calendar to remind you to walk.
- Grab a friend or coworker and make walking social.
- Schedule a walking meeting.
- Use your lunch break or other break periods to get up and move.
- Be active in smaller chunks of time throughout the day.
- Create an office walking club.
- Use the stairs instead of the elevator.
- Use a copy machine or restroom on a different floor.
- Park at the far end of a parking lot.



BEGINNER

Week 1—Repeat three times a week

Warm up 5 minutes	Brisk walk 5 minutes	Cool down 5 minutes	Total 15 minutes
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Week 2—Repeat four times a week

Warm up 5 minutes	Brisk walk 7 minutes	Cool down 5 minutes	Total 17 minutes
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Week 3—Repeat three times a week

Warm up 5 minutes	Brisk walk 9 minutes	Cool down 5 minutes	Total 19 minutes
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Week 4—Repeat four times a week

Warm up 5 minutes	Brisk walk 11 minutes	Cool down 5 minutes	Total 21 minutes
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Continue adding time as comfortable, with a goal of reaching at least 30 minutes of activity. Source: US Department of Health and Human Services

INTERMEDIATE

Week 1—Repeat at least four times a week

Warm up 5 minutes	Brisk walk 10 minutes	Cool down 5 minutes	Total 20 minutes
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Week 2—Repeat at least four times a week

Warm up 5 minutes	Brisk walk 15 minutes	Cool down 5 minutes	Total 25 minutes
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Week 3—Repeat at least four times a week

Warm up 5 minutes	Brisk walk 20 minutes	Cool down 5 minutes	Total 30 minutes
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Week 4—Repeat at least five times a week

Warm up 5 minutes	Brisk walk 20 minutes	Cool down 5 minutes	Total 30 minutes
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Continue adding time as comfortable as you progress. Source: SparkPeople.com Intermediate Walking Workouts, Jen Mueller CPT

HEALTH PROMOTION AND WELLNESS

This document is available in alternative formats upon request by contacting Health Promotion and Wellness at (309) 438-9355 (WELL)

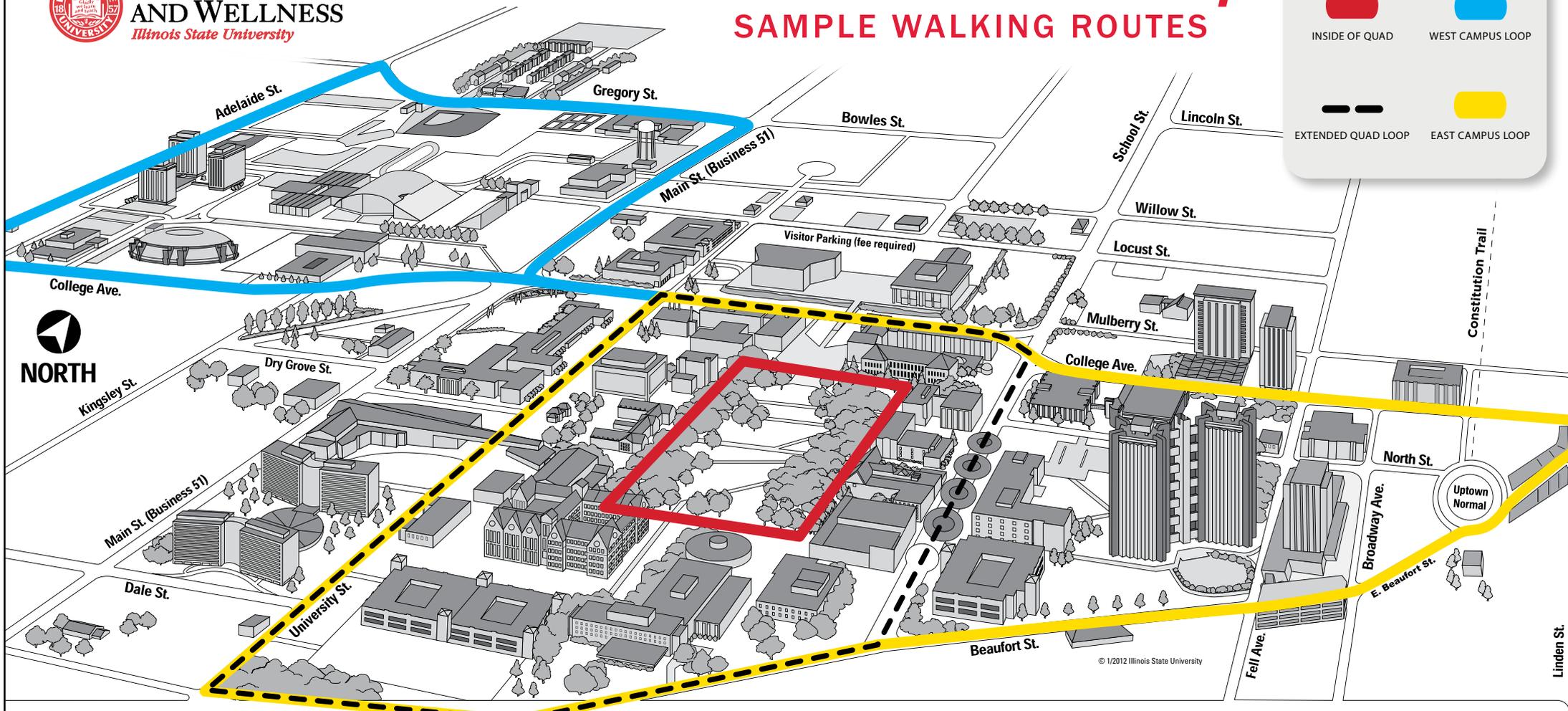
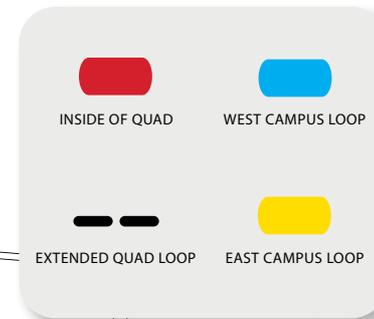
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Illinois State University

SAMPLE WALKING ROUTES



Inside of Quad—0.5 miles

(Routes are rounded to the closest tenth of a mile)

Extended Quad loop—1.2 miles

- University Street south to Beaufort Street
- Left on Beaufort Street
- Left at Center for Performing Arts
- Continue north through In Exchange to College Avenue
- Left on College Avenue and continue west to University Street

West Campus loop—1.8 miles

- Follow College Avenue west under tunnel toward Turner Hall
- Right on Adelaide Street
- Right on Gregory Street
- Right onto Main Street at University High School
- Continue south on Main Street to College Avenue
- Take tunnel to the left and follow College Avenue to University Street

East Campus loop—1.7 miles

- University Street south to Beaufort Street
- Left on Beaufort Street
- Follow Beaufort east through Uptown Normal to Linden Street
- Left on Linden Street
- Left on College Avenue and continue west to University Street