



## WALKING FOR WELLNESS

Walking can help reduce stress, boost your mood, and enhance immunity. It also gives you something to do during this trying time. Here are some ways to make your walks more meaningful, more effective, and more fun!

You can mix up the day to fit your schedule. If you're just starting out, aim for the lower end of time ranges. If you're a regular walker, challenge yourself to go longer and/or faster. You can always walk longer than any of the recommendations if you like. Remember to choose places to walk that aren't crowded so you can keep a safe distance (at least 6 feet) from others.

And share your progress with us on [Facebook](#) on the [D&L Heritage Half Marathon](#) page.

Created by [Walking Coach Michele Stanten](#)  
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MINDFUL MONDAY	INTERVAL TUESDAY	WANDERING WEDNESDAY	TONING THURSDAY	FAST FRIDAY	LONG-WALK SATURDAY	SHORT-WALK SUNDAY
<p><b>4/6</b> <b>Take a gratitude walk.</b> (5-30 minutes) Make a mental list of all that you are thankful for as you walk. Then share it with us on <a href="#">Facebook</a>.</p>	<p><b>4/7</b> <b>Speed up for 10-second bouts.</b> (15-45 minutes) Walk at your usual pace and every 2 minutes pick up your pace a bit for 10 seconds.</p>	<p><b>4/8</b> <b>Explore a new spot to walk.</b> (10-45 minutes) It doesn't have to be far. Pop over to a different neighborhood, shopping area, college campus, office complex.</p>	<p><b>4/9</b> <b>Strengthen your upper body.</b> Do a set of 10-20 push-ups. To make them easier, place your hands on a tree or bench. Feel free to also walk today if you'd like.</p>	<p><b>4/10</b> <b>Sprint out, walk back.</b> Walk at an easy pace for 5 minutes. Then note where you start and walk as quickly as you can for 10 to 20 minutes. Don't push yourself too hard; you should always be able to talk as you walk. Note how far you go so you can try to beat your distance next week. Then walk back at an easy pace.</p>	<p><b>4/11</b> <b>Go for a long walk.</b> (30 min-1 hours) Build endurance by walking a little longer than you're used to. Bring your family along for a hike in the woods. Or maybe you prefer to meander through town on your own. Do what you like!</p>	<p><b>4/12</b> <b>Stroll</b> (10-20 minutes) Take a leisurely walk and enjoy the beauty around. Or invite a family member and use the time to chat.</p>

<p><b>4/13</b> <b>Tune into your breath.</b> (5-30 minutes) Match your breath to your steps, inhaling for 4 steps, exhaling for 4 steps. You can deepen your breath by adding more steps to each.</p>	<p><b>4/14</b> <b>Walk 15:45.</b> (15-45 minutes) Warm up, then speed up for 15 seconds. Recover by walking at a comfortable pace for 45 seconds. Repeat 2 more times. You can repeat this 3 minutes of intervals as much as you like during your walk, walking at a comfortable pace in between.</p>	<p><b>4/15</b> <b>Meander aimlessly.</b> (10-45 minutes) Instead of walking your usual route, change it up. Go left instead of right at an intersection. Or don't turn at all. Or walk your route in reverse. Even get a little lost.</p>	<p><b>4/16</b> <b>Power up your legs.</b> Along with a set of push-ups, do a set of 10-20 squats. Check out our <a href="#">Facebook</a> LIVE from 4/15 for a demo. Feel free to also walk today if you'd like.</p>	<p><b>4/17</b> <b>Repeat last week's Sprint Out</b> Do exactly what you did last week, starting your sprint at the same spot and walk fast for the same amount of time. The goal is to try to get a little bit farther—even a foot or two is great progress! Let us know how you do on <a href="#">Facebook</a>.</p>	<p><b>4/18</b> <b>Walk longer.</b> (40 min-1 hr 15 min) Try walking a little longer this week. (Or, stay with your current duration. It's OK to do less. Pay attention to what's right for your body.)</p>	<p><b>4/19</b> <b>Stroll</b> (10-20 minutes) Take a leisurely walk and enjoy the beauty around. Or invite a family member and use the time to chat.</p>
<p><b>4/20</b> <b>Snap pictures.</b> (10-45 minutes) Notice your surroundings as you walk and capture the beauty by taking pictures. Then share it with us on <a href="#">Facebook</a>.</p>	<p><b>4/21</b> <b>Speed up for 30 seconds.</b> (15-45 minutes) Warm up, then speed up for 30 seconds. Recover by walking at a comfortable pace for 2 minute. Repeat 1 more time. You can repeat this 5</p>	<p><b>4/22</b> <b>Explore a new spot to walk.</b> (10-45 minutes) It doesn't have to be far. Pop over to a different neighborhood, shopping area, college campus, office complex.</p>	<p><b>4/23</b> <b>Make standing tall easier.</b> Add a row exercise to the push-ups and squats you've been doing. Do a set of 10-20 rows. Check out 4/15 <a href="#">Facebook</a> Live for a demo.</p>	<p><b>4/24</b> <b>Repeat last week's Sprint Out</b> Do exactly what you did last week, starting your sprint at the same spot and walk fast for the same amount of time. The goal is to try to get a little bit farther—even a foot or two is great progress!</p>	<p><b>4/25</b> <b>Walk longer.</b> (45 min-1½ hr) Try walking a little longer this week. (Or, stay with your current duration. It's OK to do less. Pay attention to what's right for your body.)</p>	<p><b>4/26</b> <b>Stroll</b> (10-20 minutes) Take a leisurely walk and enjoy the beauty around. Or invite a family member and use the time to chat.</p>

	minutes of intervals as much as you like during your walk, walking at a comfortable pace in between.		Feel free to also walk today if you'd like.	Let us know how you do on <a href="#">Facebook</a> .		
<b>4/27</b> <b>Meditate while you walk.</b> (5-30 minutes) Focusing on the feel of each foot landing on the ground or the feel of the wind on your face can turn a walk into a meditation. <a href="#">Here's how to turn a walk into a meditation.</a>	<b>4/28</b> <b>Walk 1:3.</b> (15-45 minutes) Warm up, then speed up for 1 minute. Recover by walking at a comfortable pace for 3 minutes. Repeat as much as you like during your walk, walking at a comfortable pace in between.	<b>4/29</b> <b>Meander aimlessly.</b> (10-45 minutes) Instead of walking your usual route, change it up. Go left instead of right at an intersection. Or don't turn at all. Or walk your route in reverse. Even get a little lost.	<b>4/30</b> <b>Push off stronger.</b> Calf raises will power up your strides. Do a set of 10-20, along with push-ups, squats, and rows. Check out <a href="#">4/15 Facebook Live</a> for a demo. Feel free to also walk today if you'd like.	<b>5/1</b> <b>Repeat last week's Sprint Out</b> Do exactly what you did last week, starting your sprint at the same spot and walk fast for the same amount of time. The goal is to try to get a little bit farther—even a foot or two is great progress! Let us know how you do on <a href="#">Facebook</a> .	<b>5/2</b> <b>Walk longer.</b> (1-2 hr) Try walking a little longer this week. (Or, stay with your current duration. It's OK to do less. Pay attention to what's right for your body.)	<b>5/3</b> <b>Stroll</b> (10-20 minutes) Take a leisurely walk and enjoy the beauty around. Or invite a family member and use the time to chat.