


Walking Programme Level 1 Easy

Taking the first few steps and setting a daily target

Are you stuck in a sedentary lifestyle that has resulted in weight gain and muscle weakness? Have you fought a long illness or injury, during which time physical activity was extremely limited and difficult? Whatever the reason, this guide is designed for you.

If you have any doubts about beginning the plan, [Action for Elders](#) have some excellent videos on learning to stand correctly and taking the first steps to help build your confidence.

 **NOTE: Always rest when necessary!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk for 60 seconds at your comfortable pace (a stroll)	REST	Walk for 60 seconds at your comfortable pace	REST	Walk for 60 seconds at your comfortable pace	Optional Walk	REST
Week 2	Walk for 2 minutes at a comfortable pace	REST	Walk for 2 minutes at a comfortable pace	REST	Walk for 2 minutes at a comfortable pace	Optional walk	REST
Week 3	Walk for 3 minutes at a comfortable pace	Walk for 3 minutes at a comfortable pace	REST	Walk for 3 minutes at a comfortable pace	Walk for 3 minutes at a comfortable pace	Optional walk	REST
Week 4	Walk for 4 minutes at a comfortable pace	Walk for 4 minutes at a comfortable pace	REST	Walk for 5 minutes at a comfortable pace	Walk for 4 minutes at a comfortable pace	Optional walk	REST
Week 5	Walk for 5 minutes at a comfortable pace	Walk for 6 minutes at a comfortable pace	REST	Walk for 6 minutes at a comfortable pace	Walk for 5 minutes at a comfortable pace	Optional walk	REST
Week 6	Easy Walk 6 minutes	Easy walk 5-10 minutes Stop and rest during the walk if you need to	Easy Walk 6 minutes	REST	Easy walk 5-10 minutes Stop and rest during the walk if you need to	Optional walk	REST

What Next? Congratulations! Now that you have completed the [Action for Elders](#)' six-week walking programme, you can continue to make walking a regular part of your life.

If this kind of scheduled framework suits you, we suggest adding one minute to your daily walking times each week until you can walk confidently for 10-15 minutes. Soon you will be ready for the Level 2 – Intermediate plan, which encourages you to walk for 30 minutes a day.

