

# Let's Get Moving! A Walking Program for Congregations

## 12-Week Walking Program – You will need a copy for each participant (Includes at least three exercise sessions during each week of the program)



Name: \_\_\_\_\_

Warm Up	Activity	Cool Down	Total Time
<b>Week 1</b>	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min. 15 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 2</b>	Walk slowly 5 min.	Walk briskly 7 min.	Walk slowly 5 min. 17 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 3</b>	Walk slowly 5 min.	Walk briskly 9 min.	Walk slowly 5 min. 19 min. /Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 4</b>	Walk slowly 5 min.	Walk briskly 11 min.	Walk slowly 5 min. 21 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 5</b>	Walk slowly 5 min.	Walk briskly 13 min.	Walk slowly 5 min. 23 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 6</b>	Walk slowly 5 min.	Walk briskly 15 min.	Walk slowly 5 min. 25 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 7</b>	Walk slowly 5 min.	Walk briskly 18 min.	Walk slowly 5 min. 28 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 8</b>	Walk slowly 5 min.	Walk briskly 20 min.	Walk slowly 5 min. 30 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 9</b>	Walk slowly 5 min.	Walk briskly 23 min.	Walk slowly 5 min. 33 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 10</b>	Walk slowly 5 min.	Walk briskly 26 min.	Walk slowly 5 min. 36 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 11</b>	Walk slowly 5 min.	Walk briskly 28 min.	Walk slowly 5 min. 38 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	
<b>Week 12</b>	Walk slowly 5 min.	Walk briskly 30 min.	Walk slowly 5 min. 40 min./Total
First Walking Session []	Second Walking Session []	Third Walking Session []	



# Let's Get Moving!

## A Walking Program for Our Congregation

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Enhance bone strength
- Burn calories and keep weight down

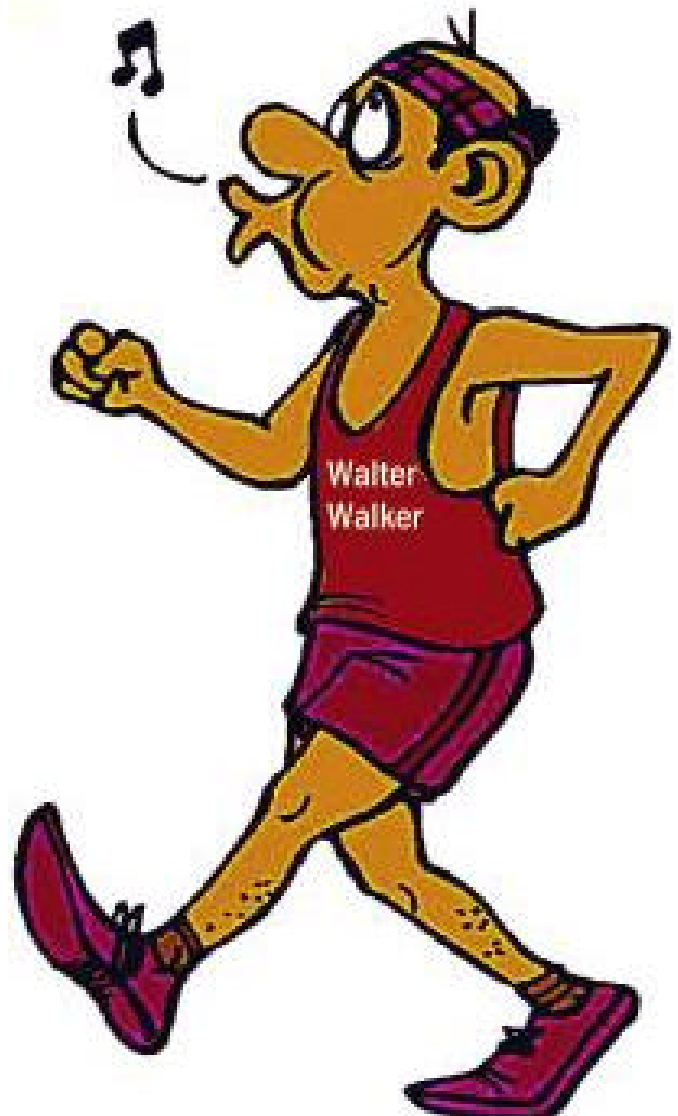
And, Walking Programs are enjoyable!!!!

A Congregational Walking Program is forming now.

If you are interested in participating, please contact:

(Name) \_\_\_\_\_

At: (phone) \_\_\_\_\_, e-mail: \_\_\_\_\_



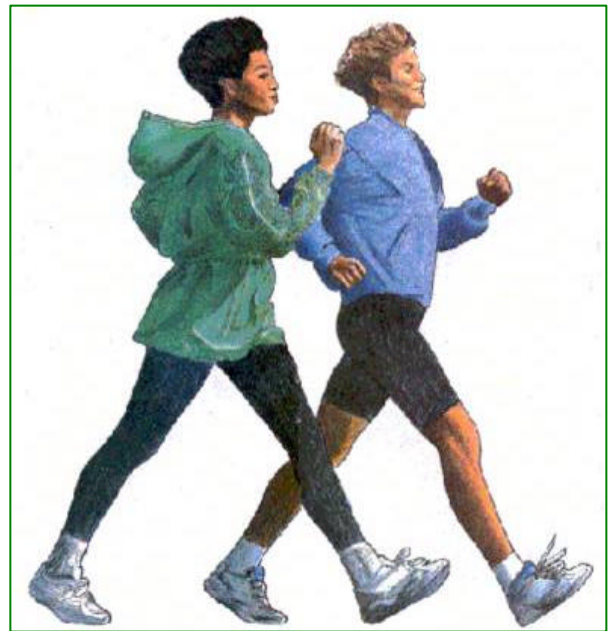
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