

## Step Up & Step Out – Defiance County

It's never too late to adopt a healthy lifestyle. Research shows that becoming active now through regular, moderate-intensity exercise can make you healthier and improve your quality of life. This guide was designed to provide tools to help you meet your personal wellness and physical fitness goals.

If you have been inactive for a while, try this sample schedule to ease yourself into a routine.

|              | Walking Schedule   | Weekly Total |
|--------------|--------------------|--------------|
| Week 1       | 15 minutes, 2 days | 30 minutes   |
| Week 2       | 15 minutes, 3 days | 45 minutes   |
| Week 3       | 20 minutes, 3 days | 60 minutes   |
| Week 4       | 25 minutes, 3 days | 75 minutes   |
| Week 5 & 6   | 30 minutes, 3 days | 90 minutes   |
| Week 7 & 8   | 30 minutes, 4 days | 120 minutes  |
| Week 9 & 10  | 30 minutes, 5 days | 150 minutes  |
| Week 11 & 12 | 30 minutes, 5 days | 150 minutes  |

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

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Record total minutes of exercise each day. Strive for at least 30 minutes per day, 5 days a week.

|         | Monday | Tuesday | Wednes-<br>day | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|----------------|----------|--------|----------|--------|
| Week 1  |        |         |                |          |        |          |        |
| Week 2  |        |         |                |          |        |          |        |
| Week 3  |        |         |                |          |        |          |        |
| Week 4  |        |         |                |          |        |          |        |
| Week 5  |        |         |                |          |        |          |        |
| Week 6  |        |         |                |          |        |          |        |
| Week 7  |        |         |                |          |        |          |        |
| Week 8  |        |         |                |          |        |          |        |
| Week 9  |        |         |                |          |        |          |        |
| Week 10 |        |         |                |          |        |          |        |
| Week 11 |        |         |                |          |        |          |        |
| Week 12 |        |         |                |          |        |          |        |