

Notice: You should get your physicians approval prior to beginning a fitness program, particularly if you are over 50 or if you have health concerns.

BENEFITS OF WALKING

- Burns calories
- Strengthens back muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Lowers blood pressure
- Allows time with family and friends
- Shapes and tones your legs and butt
- Cuts cholesterol
- Reduces risk of heart disease & diabetes
- Reduces Stress
- Sleep better
- Improves mood and outlook on life
- Can be done almost anywhere
- Requires no equipment
- AND it's FREE!

This brochure brought to you by:

**COOS COUNTY
WOMEN'S HEALTH COALITION**

Focused on issues affecting the health of women in Coos County.

Building a Healthy Walking Habit

A beginner's guide to starting and building a daily walking habit in Coos Bay.



12 WEEK BEGINNER SCHEDULE

| WEEK | SUN | MON | TUE | WED | THU | FRI | SAT |
|------|--------|--------|--------|--------|--------|--------|--------|
| 1 | 15 min | 15 min | 20 min | 15 min | 20 min | 15 min | 20 min |
| 2 | 15 min | 20 min | 20 min | 15 min | 20 min | 15 min | 25 min |
| 3 | 15 min | 25 min | 20 min | 15 min | 25 min | 20 min | 25 min |
| 4 | 20 min | 30 min | 20 min | 20 min | 25 min | 20 min | 30 min |
| 5 | 20 min | 30 min | 30 min | 20 min | 30 min | 20 min | 35 min |
| 6 | 25 min | 30 min | 30 min | 25 min | 30 min | 25 min | 40 min |
| 7 | 25 min | 30 min | 40 min | 30 min | 30 min | 30 min | 40 min |
| 8 | 25 min | 30 min | 40 min | 30 min | 40 min | 30 min | 50 min |
| 9 | 30 min | 40 min | 40 min | 30 min | 40 min | 40 min | 50 min |
| 10 | 30 min | 40 min | 50 min | 30 min | 50 min | 40 min | 50 min |
| 11 | 40 min | 40 min | 50 min | 40 min | 50 min | 40 min | 50 min |
| 12 | 40 min | 40 min | 60 min | 40 min | 60 min | 40 min | 60 min |

Having a hard time getting started ... here is an easy to follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks. Everyone has a different goal. 60 minutes a day is good, especially if your goal is weight loss in addition to overall fitness. The American Heart Association recommends 30 minutes of moderate exercise 5 days a week for adults 18-65 years of age.

Consistency is key in creating a new habit, so be sure that you get something in at least 5 days a week. The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last weeks schedule.

It's ok to take a day off once a week or choose a day to do some other form of exercise. This is called "cross training". Choose one of the lighter days for this. As a beginner you may want to get the walking habit down before you add cross training to your routine.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program. Do not let this keep you from walking. On the other hand if you are in pain it may be prudent to take a day of rest. If the pain continues see a physician.

*This information is courtesy of **The Walking Site** and came from their website at www.thewalkingsite.com

Coos Bay Walking Paths





Getting started is as easy as walking out your front door. Use the schedule on the back as a guide to set appropriate goals.

The map shows some suggested paths to get you started. The paths are color coded with Green being easy. Yellow is still relatively flat but adds some distance. You can add Red and Purple to your walk when you feel you are ready for more. Purple adds some climbing but is still paved. Red adds some climbing and is partly on dirt and gravel trails.

Use protected crosswalks whenever possible, stay on sidewalks or the left side of the road and always watch for traffic. Do not walk after dark and if possible find a walking buddy.

Many people combine their walking with errands they have to do around town. The Yellow path takes you past the library, city hall, the farmers market and near downtown banks and businesses.

There are other good trails in town. You can find 3 miles of paved trails at Empire Lakes (off Hull St. next to Southwestern Oregon Community College). On rainy days you might consider the Pony Village Mall.

| | | |
|-----------------------|--|---|
| Easy | .4 miles cross at bridge .6 miles whole loop |  |
| Moderate | 0.8 miles - turn on 4th 2.6 miles - w/boardwalk |  |
| Difficult | 1.7 miles |  |
| Most Difficult | 1.5 miles 2.8 miles - w/Blossom Gulch |  |

