



## WALK IN SHAPE'S EASY GUIDE TO GOAL SETTING



Want to improve your health, lower your stress levels and increase your cardiovascular fitness? Then it's time for you to **Walk In Shape!** Choose which category you would like to compete in, set your goals, and get walking.

### DISTANCE

If you would like to compete in the category for the longest distance, we recommend you do the following:

- Day 1 – Calculate the distance you walk at a moderate pace for 30-60 minutes.
- Day 2-14 – Walk the distance you calculated on day 1.
- Day 14-28 – Increase your distance by 1-2+ kilometres.
- Day 29-44 – Increase your distance by 1-2+ kilometres.
- Day 45-60 – Increase your distance by 1-2+ kilometres.
- Day 61-75 – Increase your distance by 1-2+ kilometres.
- Day 76-90 – Increase your distance by 1-2+ kilometres.

### STEPS

If you would like to compete in the category for walking the most steps, we recommend that you aim for a minimum of 10,000 steps per day and slowly increase to 12,500 steps per day. The following program can guide you to increase your steps:

- Day 1 -14 – Walk at least 10,000 steps per day.
- Day 14-28 – Walk at least 10,500 steps per day.
- Day 29-44 – Walk at least 11,000 steps per day.
- Day 45-60 – Walk at least 11,500 steps per day.
- Day 61-75 – Walk at least 12,000 steps per day.
- Day 76-90 – Walk at least 12,500 steps per day.



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## TIME

If you would like to compete in the category for walking the greatest length of time, we recommend that you aim for a minimum of 30 minutes per day and slowly increase to 90+ minutes per day. The following program can guide you to increase your time:

Day 1 -14 – Walk at a moderate pace for at least 30 minutes per day.

Day 14-28 – Walk at a moderate pace for at least 45 minutes per day.

Day 29-44 – Walk at a moderate pace for at least 55 minutes per day.

Day 45-60 – Walk at a moderate pace for at least 65 minutes per day.

Day 61-75 – Walk at a moderate pace for at least 75 minutes per day.

Day 76-90 – Walk at a moderate pace for at least 90 minutes per day.

## WEIGHT

Safe and healthy weight loss means losing no more than 2 lbs per week. A good combination of exercise and healthy eating will assist you with this. We recommend you follow the [Canadian Food Guide](#) PLUS follow one of the programs listed above in the STEPS or TIME categories.

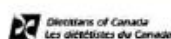
## SET YOURSELF UP TO SUCCEED

The key to becoming a regular exerciser is to build your workout into your daily routine. Make your walking sessions a habit by choosing a time that works best for you to exercise, and try to stick with it. Maybe you like to exercise first thing in the morning, or find that you can clear your head by taking a break at lunch. After deciding what time works best for you, pull out your calendar and schedule an appointment with yourself as often as your program requires.

**TIP: Make time to **Walk In Shape!** Plan to walks at a time that is most convenient for you.**



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