



## WALK IN SHAPE OVERVIEW FOR PARTICIPANTS

Want to improve your health, lower your stress levels and increase your cardiovascular fitness? Then it's time to **Walk In Shape!**



**Walk In Shape** is a simple and fun challenge for people of any fitness level. It is a 3-month program designed to keep people motivated to achieve their individual goals to walk the most distance, steps, time, or even lose the most weight.

To participate:

- Download a **Walk In Shape** Walking Log from [www.walkbc.ca/walk-in-shape/walking-logs](http://www.walkbc.ca/walk-in-shape/walking-logs).
- Determine and write your monthly goals for distance, steps, time, and/or weight-loss on your walking log.
- Obtain a pedometer if your program includes tracking steps. Learn how to use your pedometer: <http://www.walkbc.ca/pedometers>.
- Track your daily progress on your log.
- To be eligible for the prize draw, send/drop-off your completed log (page 4) at:

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NOTE: If you have experienced chest pain, loss of balance due to dizziness, or are presently taking medication for blood pressure or heart conditions, consult your doctor before starting the **Walk In Shape** program.

## THREE RULES TO WALK IN SHAPE

1. **Moderation.** Train gradually to give your body time to adapt. Doing too much too soon may result in injury or possibly hinder you from achieving your goals.
2. **Consistency.** Stick to the program. Do not skip a scheduled walk. The more consistent you are, the quicker your body will adapt and achieve your goals.
3. **Rest.** Allow your body time to recover.



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