

## WALKING FOR FITNESS



*for active older adults*



- ▶ A self-directed, ten-week program
- ▶ prepared by Sophie Lebrun, kinesthesiologist



VILLE DE LAC-BROME  
TOWN OF BROME LAKE



**450-242-2020**

[www.ville.lac-brome.qc.ca/loisirs](http://www.ville.lac-brome.qc.ca/loisirs)

▶ Loisirs et services communautaires de Lac-Brome  
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## THE WALKING FITNESS PROGRAM

### Why walk?

Walking is a great way to get fit. It doesn't cost anything and you don't need any special skills or expensive equipment.

### Who can use this program?

This program is for adults aged 60 or over and in good general health. Please go at your own pace, and always consult a doctor before you start any new exercise program.

### How does it work?

On each page, you will find a table which shows you how many walks to take each week, how long to walk for, and at what pace you should be walking.

Pace is described as REGULAR, SUSTAINED or BRISK, in increasing order of intensity. Regular walking should leave you only a little breathless, while brisk walking should be fast enough to prevent you from having a conversation!

### Getting ready to walk

Each walk should start with a WARM-UP. Any activity which increases your heart rate or breathing effort slightly will act as a warm-up. (Note that stretching is not the same as warming up. ) Your warm-up should last between 10 and 20 minutes. In colder weather, your warm-up should last longer.

### ► TIPS

- Bring a bottle of water so you don't get dehydrated;
- Wear outdoor walking shoes;
- Dress in layers;
- Wear clothing and socks that allow sweat to evaporate;
- Wear reflective bands to make sure that you are visible

## EXERCICES TO ACCOMPANY YOUR WALKING PROGRAM

### Exercise sessions

Each week, we have included some simple exercises which will help make your walking program even more effective.

You can exercise before, during or after a walk, or on a different day entirely. Experiment to see what works best for you.

We suggest three exercise sessions per week in addition to your walking fitness program. These sessions will take the same format every week:

### Session One

Do the first exercise **5 times**, then pause briefly. Repeat this sequence 3 times.

Do the second exercise **5 times**, then pause briefly. Repeat this sequence 3 times.

Do the third exercise **5 times**, then pause briefly. Repeat this sequence 3 times.

### Session Two

Do the first exercise **8 times**, then pause briefly. Repeat this sequence 3 times.

Do the second exercise **8 times**, then pause briefly. Repeat this sequence 3 times.

Do the third exercise **8 times**, then pause briefly. Repeat this sequence 3 times.

### Session Three

Do the first exercise **10 times**, then pause briefly. Repeat this sequence 3 times.

Do the second exercise **10 times**, then pause briefly. Repeat this sequence 3 times.

Do the third exercise **10 times**, then pause briefly. Repeat this sequence 3 times.

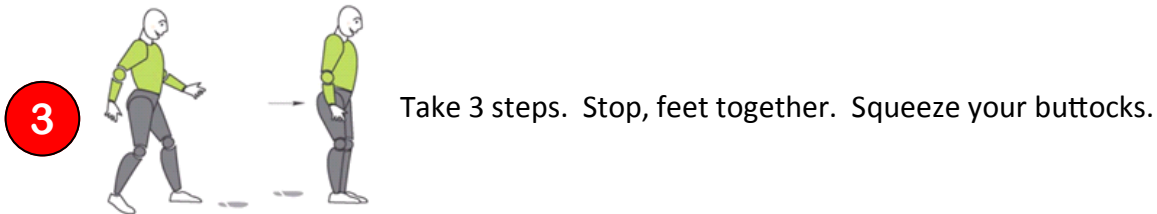
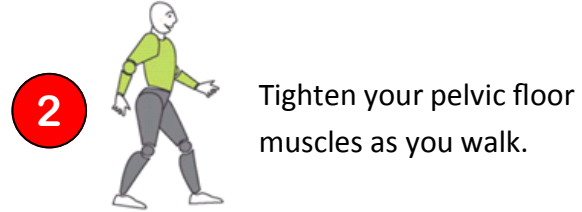
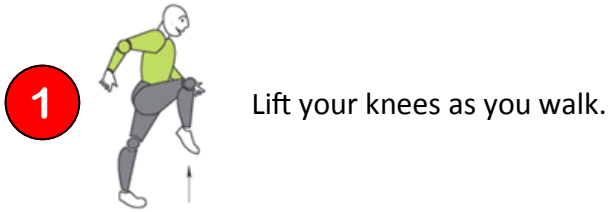
► The exercises appear along with the weekly walking charts.



*Our thanks to the FADOQ for giving us permission to use their illustrations.*

**Week 1**

	TOTAL TIME	PACE
Walk # 1	15 min	regular
Walk # 2	20 min	regular



**Week 2**

	TOTAL TIME	PACE
Walk # 1	24 min	(2 minutes at regular pace followed by 2 minutes of brisk walking) x 6
Walk # 2	30 min	regular
Walk # 3	30 min	(2.5 minutes at regular pace followed by 5 minutes of sustained walking) x 4

