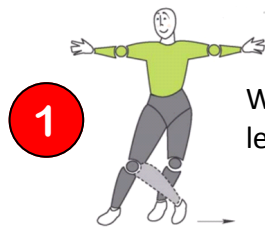


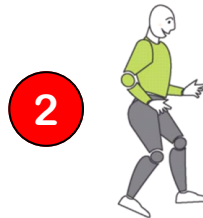
Week 3

	TOTAL TIME	PACE
Walk # 1	30 min	(5 minutes at regular pace followed by 5 minutes of brisk walking) x 3
Walk # 2	25 min	regular



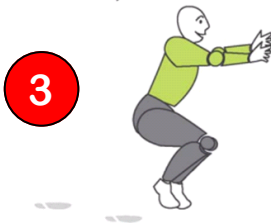
1

Walk sideways, crossing one leg in front of the other.



2

Walk, keeping your knees slightly bent.



3

Take 3 steps, squat and reach forward.

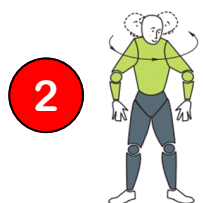
Week 4

	TOTAL TIME	PACE
Walk # 1	36 min	(4 minutes at regular pace followed by 2 minutes of brisk walking) x 6
Walk # 2	35 min	regular
Walk # 3	40 min	(5 minutes at regular pace followed by 5 minutes of sustained walking) x 4



1

Breathe in and lift your heels. Place heels back on the floor and breathe out, raising your toes. Do this slowly, concentrating on your breathing.



2

Lean your head towards your shoulder, then roll forwards, chin on your chest, and roll again towards the other shoulder before straightening your head up. Repeat in the other direction.



3

Lean over sideways without moving your hips. Straighten and then repeat to the other side. Variations: arms by your side, arms crossed across your chest, arms over your head.