# WebMD

# Your Plan to WALK MORE

Ease into a routine. Walk slowly the first 3 weeks, and then work your way up to a brisk pace.

| WEEK | MINUTES PER DAY | NUMBER OF DAYS |
|---|---|---|
| Week 1 | 10 | 4 |
| Week 2 | 10 | 4 |
| Week 3 | 15 | 5 |
| Week 4 | 20 | 5 |
| Week 5 | 30 | 5 |
| Week 6 | 25 | 6 |
| Week 7 | 30 | 5 |
| Week 8 | 35 | 5 |

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