

# The following guide is a 8-week walking programme for beginners.

## BEGINNERS WALKING PROGRAMME

Make sure you stretch appropriately before and after walking.

	WARM UP	WALK	COOL DOWN	Total Workout Time:
Wk 1	Walk slowly 5 mins	Walk briskly 5 mins	Walk slowly 5 mins	15 Mins
Wk 2	Walk slowly 5 mins	Walk briskly 7 mins	Walk slowly 5 mins	17 Mins
Wk 3	Walk slowly 5 mins	Walk briskly 9 mins	Walk slowly 5 mins	19 Mins
Wk 4	Walk slowly 5 mins	Walk briskly 11 mins	Walk slowly 5 mins	21 Mins
Wk 5	Walk slowly 5 mins	Walk briskly 13 mins	Walk slowly 5 mins	23 Mins
Wk 6	Walk slowly 5 mins	Walk briskly 15 mins	Walk slowly 5 mins	25 Mins
Wk 7	Walk slowly 5 mins	Walk briskly 18 mins	Walk slowly 5 mins	28 Mins
Wk 8	Walk slowly 5 mins	Walk briskly 20 mins	Walk slowly 5 mins	30 Mins

## MODERATE EXERCISE PROGRAMME

Make sure you stretch appropriately before and after walking. Drink lots of water before, during and after exercise.

	WARM UP	WALK	COOL DOWN	Total Workout Time:
Wk 1	Walk slowly 5 mins	Walk briskly 10-15 mins	Walk slowly 5 mins	20-25 Mins
Wk 2	Walk slowly 5 mins	Walk briskly 15-20 mins	Walk slowly 5 mins	25-30 Mins
Wk 3	Walk slowly 5 mins	Walk briskly 20-25 mins	Walk slowly 5 mins	30-35 Mins

Wk 4	Walk slowly 5 mins	Walk briskly 25-30 mins	Walk slowly 5 mins	35-40 Mins
Wk 5	Walk slowly 5 mins	Walk briskly 30-35 mins	Walk slowly 5 mins	40-45 Mins
Wk 6	Walk slowly 5 mins	Walk briskly 35-40 mins	Walk slowly 5 mins	45-50 Mins
Wk 7	Walk slowly 5 mins	Walk briskly 40-45 mins	Walk slowly 5 mins	50-55 Mins
Wk 8	Walk slowly 5 mins	Walk briskly 60 mins	Walk slowly 5 mins	70 Mins

## ADVANCED EXERCISE PROGRAMME

Make sure you stretch appropriately 5 minutes before and after exercising. Drink lots of water before, during and after exercise.

	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk 1	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 2	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 3	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 4	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 5	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 6	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 7	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats
Wk 8	30mins Brisk Walk	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats	30mins Brisk Walk	30mins Brisk Walk	Abs, Push-up, Squats



MINISTRY OF  
**HEALTH &  
WELLNESS**

JAMAICA  
MOVES



# PHYSICAL ACTIVITY

## DAILY GUIDE



It's all about..What I put in,  
What I keep out and how much I do.



# HOW TO GET STARTED

Always start from your head then move downwards to your toes.

## STEP 1

Stretch side of neck.

1. Sit or stand with arms hanging loosely at sides.
2. Twist head sideways, first one side then the other.
3. Hold for 5 seconds
4. Repeat 1-3 times.



## STEP 2

Stretch back of neck.

1. Sit or stand with arms hanging loosely at sides.
2. Gently tilt head forward to stretch back of neck.
3. Hold for 5 seconds
4. Repeat 1-3 times.



## STEP 3

Stretch side of shoulder and back of upper arm.

1. Stand or sit in an upright position, place left hand on right shoulder gently pull with left hand right elbow across chest toward left shoulder and hold for 10 to 15 seconds.
2. Repeat 1-3 times.



## STEP 4

Stretch triceps, top of shoulders, waist.

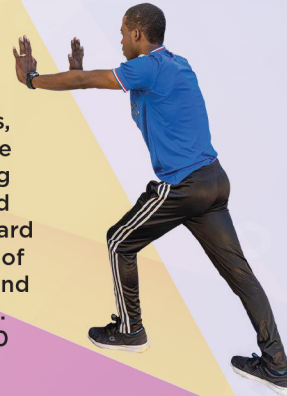
1. Keep knees slightly flexed.
2. Stand or sit with arms overhead.
2. Hold elbow with hand of opposite arm.
3. Pull elbow behind head gently as you slowly lean to one side until mild stretch is felt.
4. Repeat on the opposite side.



## STEP 5

Stretch calf.

1. Stand a little way from wall and lean on it with forearms, head resting on hands. Place right foot in front of you, leg bent, left leg straight behind you. Slowly move hips forward until you feel stretch in calf of left leg. Keep left heel flat and toes pointed straight ahead.
2. Hold easy stretch for 10 to 20 seconds.
3. Do not bounce.
4. Repeat on the opposite side.
5. Do not hold breath.



## STEP 6

Stretch front of thigh (quadriceps).

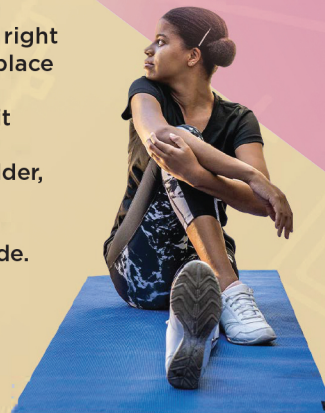
1. Stand a little away from wall and place left hand on wall for support.
2. Standing straight, grasp top of left foot with right hand. Pull heel toward buttock.
3. Hold for 10 to 20 seconds.
4. Repeat on the opposite side.



## STEP 7

Stretch inner thigh, groin.

1. Sit on floor with left leg straight out in front. Bend right leg, cross right foot over, place outside left knee.
2. Bend left elbow and rest it outside right knee.
3. Turn head over right shoulder, rotate upper body right.
4. Hold for 10 to 15 seconds.
5. Repeat on the opposite side.



## STEP 8

Stretch inner thigh, groin.

1. Stand with feet a bit wider than shoulder.
2. Bend the right knee slightly and move left hip downward toward right knee.
3. Hold for 10 to 15 seconds.
4. Repeat on the opposite side. NB hold on to something for support if needed.



## STEP 9

Stretch back of leg and lower back.

1. Stand with feet a bit wider than shoulder width. Bend the right knee slightly and move left hip downward toward right knee.
2. Hold for 10 to 15 seconds.
3. Repeat on the opposite side. NB hold on something for support if needed.



## STEP 10

Stretch shoulders, arms, hands, feet and ankles.

1. Lie on floor, extend arms overhead, keep legs straight.
2. Reach arms and legs in opposite directions.
3. Stretch for 5 seconds, relax.

