

# WHY WALK?

## • FREE AND CONVENIENT

## • NO EQUIPMENT REQUIRED

## • A LOW IMPACT ACTIVITY

## • HEALTH BENEFITS

- Achieve and/or maintain a healthy weight

- Better attention span and productivity

- Improved sleep and mood

- Diminish stress

- Strengthened immune system

- Reduced risk of chronic disease and cancer

Source: Centers for Disease Control and Prevention

## TIPS FOR SUCCESS

### • START SLOWLY and gradually build up to longer time/distance.

### • USE A WORKOUT LOG to chart progress.

### • SET SHORT-TERM AND LONG-TERM wellness goals.

### • USE AN EVENT, such as walking a local race, as motivation.



# WALKING to Wellness

WELLNESS.ILLINOISSTATE.EDU



## BEGINNER

### Week 1—Repeat three times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 5 minutes  | 5 minutes | 15 minutes |

### Week 2—Repeat four times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 7 minutes  | 5 minutes | 17 minutes |

### Week 3—Repeat three times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 9 minutes  | 5 minutes | 19 minutes |

### Week 4—Repeat four times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 11 minutes | 5 minutes | 21 minutes |

Continue adding time as comfortable, with a goal of reaching at least 30 minutes of activity. Source: US Department of Health and Human Services

## HEALTH PROMOTION AND WELLNESS

This document is available in alternative formats upon request by contacting Health Promotion and Wellness at (309) 438-9355 (WELL)

An equal opportunity/affirmative action university encouraging diversity  
University Marketing and Communications  
21-15899



## INTERMEDIATE

### Week 1—Repeat at least four times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 10 minutes | 5 minutes | 20 minutes |

### Week 2—Repeat at least four times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 15 minutes | 5 minutes | 25 minutes |

### Week 3—Repeat at least four times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 20 minutes | 5 minutes | 30 minutes |

### Week 4—Repeat at least five times a week

| Warm up   | Brisk walk | Cool down | Total      |
|-----------|------------|-----------|------------|
| 5 minutes | 20 minutes | 5 minutes | 30 minutes |

Continue adding time as comfortable as you progress. Source: SparkPeople.com  
Intermediate Walking Workouts, Jen Mueller CPT



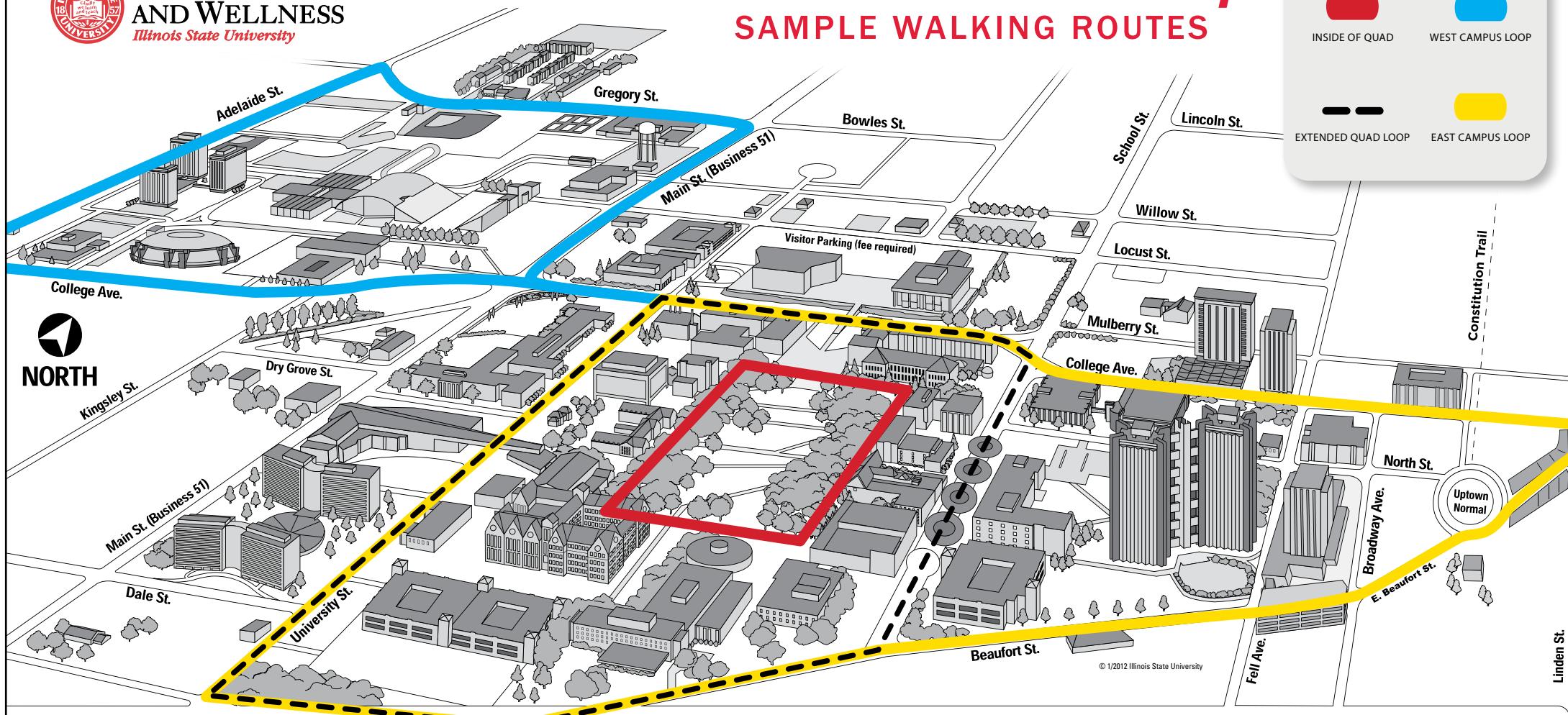
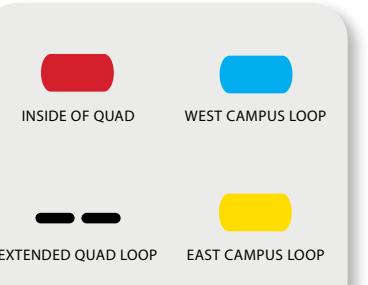


## HEALTH PROMOTION AND WELLNESS

*Illinois State University*

# Illinois State University

## SAMPLE WALKING ROUTES



### Inside of Quad—0.5 miles

(Routes are rounded to the closest tenth of a mile)

### Extended Quad loop—1.2 miles

University Street south to Beaufort Street

Left on Beaufort Street

Left at Center for Performing Arts

Continue north through In Exchange to College Avenue

Left on College Avenue and continue west to University Street

### West Campus loop—1.8 miles

Follow College Avenue west under tunnel toward Turner Hall

Right on Adelaide Street

Right on Gregory Street

Right onto Main Street at University High School

Continue south on Main Street to College Avenue

Take tunnel to the left and follow College Avenue to University Street

### East Campus loop—1.7 miles

University Street south to Beaufort Street

Left on Beaufort Street

Follow Beaufort east through Uptown Normal to Linden Street

Left on Linden Street

Left on College Avenue and continue west to University Street

Additional resources are available online at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu)