

# 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](http://WELLNESS.ILLINOISSTATE.EDU)



## Safety first

- Walk with a friend.
- Avoid walking in the dark. If you do, wear reflective clothing or vest.
- Always walk on the sidewalk.
- If there is no sidewalk, walk facing traffic.
- Do not assume vehicles will stop.
- Stand clear of buses, hedges, parked cars, or other obstacles at street crossings.
- Look left, right, and then left again before crossing the street.
- Cross at marked crosswalks or intersections.
- Watch for turning vehicles.
- Obey traffic signals.
- Do not wear headphones, talk on a cell phone, or text while walking.

## But I don't have time!

- Make physical activity a priority.
- Schedule exercise just as you would a meeting.
- Block off your walking time on your calendar.
- Set an alert in your phone or calendar to remind you to walk.
- Grab a friend or coworker and make walking social.
- Schedule a walking meeting.
- Use your lunch break or other break periods to get up and move.
- Be active in smaller chunks of time throughout the day.
- Create an office walking club.
- Use the stairs instead of the elevator.
- Use a copy machine or restroom on a different floor.
- Park at the far end of a parking lot.

## BEGINNER

### Week 1—Repeat three times a week

Warm up 5 minutes	Brisk walk 5 minutes	Cool down 5 minutes	Total 15 minutes
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### Week 2—Repeat four times a week

Warm up 5 minutes	Brisk walk 7 minutes	Cool down 5 minutes	Total 17 minutes
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### Week 3—Repeat three times a week

Warm up 5 minutes	Brisk walk 9 minutes	Cool down 5 minutes	Total 19 minutes
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### Week 4—Repeat four times a week

Warm up 5 minutes	Brisk walk 11 minutes	Cool down 5 minutes	Total 21 minutes
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Continue adding time as comfortable, with a goal of reaching at least 30 minutes of activity. Source: US Department of Health and Human Services

## INTERMEDIATE

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

Warm up 5 minutes	Brisk walk 10 minutes	Cool down 5 minutes	Total 20 minutes
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### Week 2—Repeat at least four times a week

Warm up 5 minutes	Brisk walk 15 minutes	Cool down 5 minutes	Total 25 minutes
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### Week 3—Repeat at least four times a week

Warm up 5 minutes	Brisk walk 20 minutes	Cool down 5 minutes	Total 30 minutes
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### Week 4—Repeat at least five times a week

Warm up 5 minutes	Brisk walk 20 minutes	Cool down 5 minutes	Total 30 minutes
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Continue adding time as comfortable as you progress. Source: SparkPeople.com  
Intermediate Walking Workouts, Jen Mueller CPT

## HEALTH PROMOTION AND WELLNESS

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

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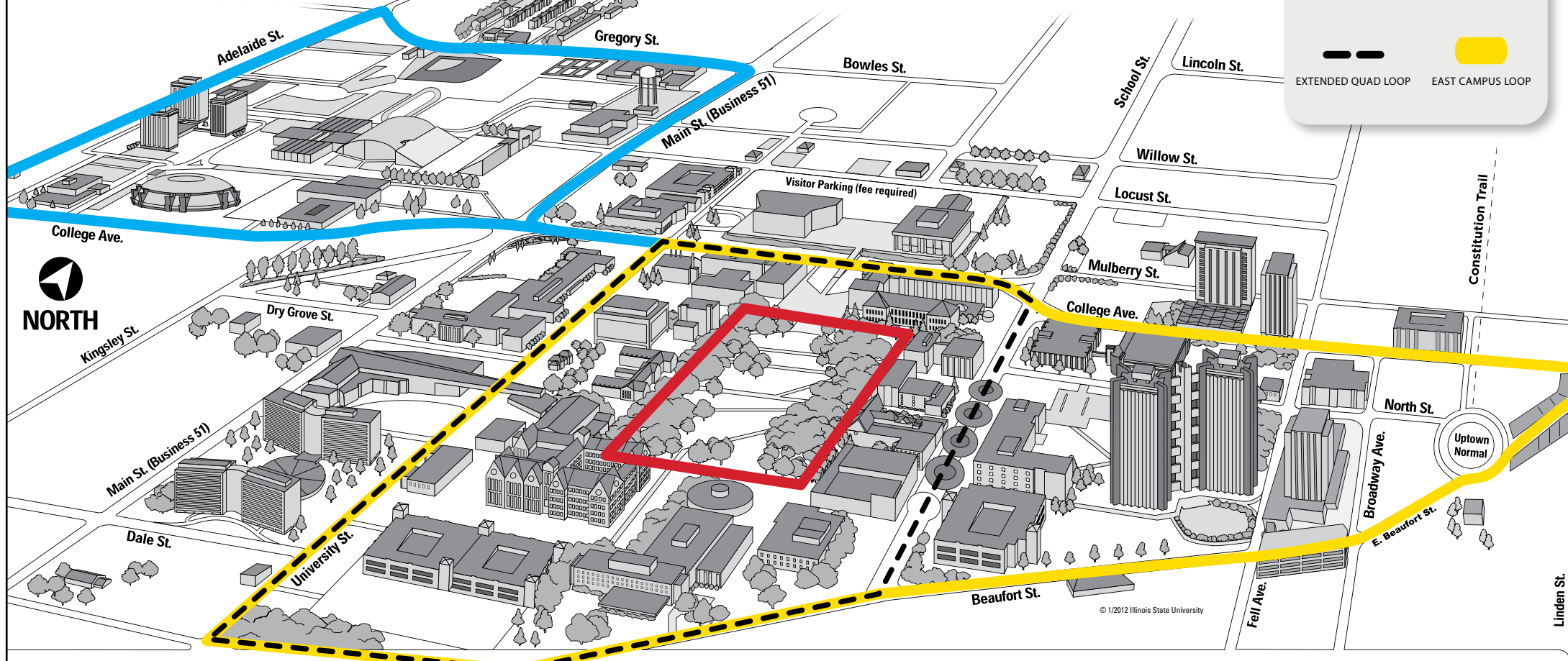


## HEALTH PROMOTION AND WELLNESS

*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)