

THE COACH'S PLAN

The Walking Speed Plan

For anyone who wants a simple, daily read on how well they are aging.

20%

Lower risk of dying

Brisk vs slow walkers over 17 years
(Harvard Health)

15 min

The daily dose

Faster walking tied to a longer life
(Harvard Health)

65-75%

Of your max heart rate

Marks a real moderate walk
(Harvard Health)

How fast you walk is one of the simplest read-outs of how well you are aging. People who walked briskly for even 15 minutes a day were about 20 percent less likely to die over the next 17 years, and a pace that quietly slows can flag a problem years before you feel it.

What the evidence actually says

- 1 Brisk walkers were nearly 20 percent less likely to die over 17 years than slow walkers (Harvard Health).
- 2 A cardiologist calls your daily walk a stress test you can run every day (Cleveland Clinic).
- 3 Just 15 minutes a day of faster walking was tied to a longer life, with no gym required.
- 4 Aim for 65 to 75 percent of your maximum heart rate, which is 220 minus your age (Harvard Health).
- 5 Only about 1 in 5 adults hit the recommended 150 minutes of moderate activity a week.

Your 3-step plan

1 Step 1: Time a Faster 15-Minute Walk, Three Days This Week

Pick 15 minutes, walk briskly enough that talking gets a little harder, and repeat it on three separate days. Harvard-reported research tied that small daily dose of faster walking to a longer life.

2 Step 2: Fix Your Form Before Your Effort

Stand tall, bend your arms to about 90 degrees, and take shorter, quicker steps instead of long strides. Harvard Health notes better form raises your speed with less strain on your joints.

3 Step 3: Treat a Slowing Pace as Information

If your everyday walking speed drops or once-easy distances leave you winded, mention it to your doctor. A Cleveland Clinic cardiologist calls your daily walk a stress test worth watching.

The safety line

This guide is educational and is not medical advice. Talk with your doctor before ramping up your pace, especially if you have heart, joint or balance concerns.

Read the full article: <https://www.agelesscoach.com/articles/the-walking-speed-that-warns-you-years-early>

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