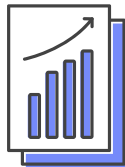


## RECENT RESEARCH SHOWS

that for common conditions like low back pain, a progressive walking program is just as effective in reducing pain and disability as a monitored, exercises program (think pilates and other specialized, core strengthening programs).

## Here's how a progressive walking program can help with your pain:

**GRADUAL, SAFE PROGRESSION**



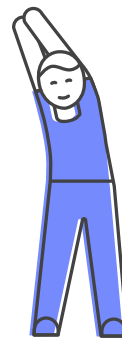
**MENTAL HEALTH BENEFITS**



**IMPROVED CIRCULATION**



**INCREASED FLEXIBILITY**



**STRENGTHENING TRUNK MUSCLES**



**WEIGHT MANAGEMENT**



***All you have to do is start walking, and you will improve your strength, and reduce your pain!***

## WEEK 1

**Start with a 5-10-minute walk at a comfortable pace.**

**Aim for 3-4 walking sessions throughout the week.**

- Focus on maintaining good posture during your walks, keeping your head up, shoulders relaxed, and abdomen gently engaged.
- If you experience any pain or discomfort, reduce the duration or intensity of the walk.

## YOUR GOAL

*Example: I plan to walk around my neighborhood (where) for 5 minutes (how long) 2 times per week (how often) with my partner/ friend (with whom).*

---

---

---

---

---

---

---

## WEEK 2

**Increase the duration of each walk by 5 minutes.**

**Continue with 3-4 walking sessions throughout the week.**

- Pay attention to your breathing, taking deep breaths in and out as you walk.
- Swing your arms naturally, to engage more muscles.

## YOUR GOAL

*Example: I plan to walk around my neighborhood (where) for 10 minutes (how long) 2 times per week (how often) with my partner/ friend (with whom).*

---

---

---

---

---

---

---

## WEEK 3

**Extend the duration of each walk by an additional 5 minutes.**

**Aim to increase the total walking sessions throughout the week by adding one or two days.**

- Gradually increase your pace, walking slightly faster than in previous weeks, while maintaining proper form and posture.
- If you're comfortable, try incorporating brief periods of brisk walking during each session.

## YOUR GOAL

*Example: I plan to walk around my neighborhood (where) for 15 minutes (how long) 3-4 times per week (how often) by myself or with a friend if they're available (with whom)*

---

---

---

---

---

---

---



# Progressive Walking Program

## WEEK 4

**Increase the duration of each walk by an additional 5 minutes.**

**Continue with the same total amount of walking sessions throughout the week.**

- Focus on engaging your core muscles as you walk, drawing your navel slightly towards your spine.
- If you feel up to the challenge, include some gentle uphill or inclined walking to add variety and intensity to your walks.

## YOUR GOAL

*Example: I plan to walk around my neighborhood (where) for 20 minutes (how long) 3-4 times per week (how often) by myself or with a friend if they're available (with whom).*

---

---

---

---

---

---

## WEEK 5

**Extend the duration of each walk by 5 minutes.**

**Aim to increase the amount walking sessions throughout the week by adding one or two days.**

- Consider adding intervals of faster-paced walking, alternating with periods of regular-paced walking.

## YOUR GOAL

*Example: I plan to walk around my neighborhood (where) for 25 minutes (how long) 5 times per week (how often) by myself or with a friend if they're available (with whom).*

---

---

---

---

---

---

## WEEK 6

**Increase the duration by 5 minutes, hopefully getting you close to 30 minutes.**

**Continue with 5 walking sessions throughout the week.**

- Incorporate variations in terrain, such as walking on different surfaces like grass, gravel, or sand, to challenge your muscles and improve balance.

## YOUR GOAL

*Example: I plan to walk around the trails near my house (where) for 30 minutes (how long) 5 times per week (how often) by myself or with a friend if they're available (with whom).*

---

---

---

---

---

---

## WEEK 7 & BEYOND

**Gradually increase the duration and intensity of your walks based on your comfort and fitness level.**

**Aim for at least 30-45 minutes of walking per session, 5-7 days a week.**