

## Setting up a path to success

### Set your overall goal for the challenge - be specific and challenge yourself:

- Every week I will walk \_\_\_\_\_ minutes
  - I will take a walk(s) on
    - Monday     Tuesday     Wednesday     Thursday     Friday     Saturday     Sunday
  - What time(s) of the day will I walk? \_\_\_\_\_
  - I will join a walking group.

### Consider these tips for a great walk:

- ✓ Wear lightweight shoes that provide good support, lots of cushioning, and enough room for feet to expand. As a general rule, you should replace your walking shoes after 400 miles.
- ✓ Drink water before, during, and after your walk. If exercising heavily in hot weather, aim for two to four glasses of water (equivalent to 16-32 ounces) every hour.
- ✓ Walk with a buddy! Studies show that you are more likely to stick with a fitness routine if someone else is there. Working together with a fitness buddy can help both of you stay accountable to your goals, keep each other company on walking trips, and provide an opportunity to share challenges and successes.
- ✓ To find out if you're exercising within the range of your target heart rate, stop walking to check your pulse at your wrist. Place the first and second fingers of one hand on your opposite wrist below your thumb. Count your pulse for 15 seconds, then multiply by four to determine your per-minute heart rate (HR).

If your heart rate is close to or above 75 percent of your max heart rate - *slow down*

If your heart rate is less than 50 percent of your max heart rate - *try to work a little harder*

Age	Target Heart Rate Range: 50% - 75% (beats per minute)	Age	Target Heart Rate Range: 50% - 75% (beats per minute)
20	100-150	50	85-127
30	95-142	55	83-123
35	93-138	60	80-120
40	90-135	65	78-116
45	88-131	70	75-113

- ✓ After your walk, take a few minutes to savor the good feelings that resulted from being physically active. This type of internal reward can help you make a long-term commitment to regular fitness. External rewards can help too! When you reach a long range goal, treat yourself to a new pair of walking shoes, a new workout outfit, or new music for your walks!
- ✓ Check out CDPHP® InMotion<sup>SM</sup> at [inmotion.cdphp.com](http://inmotion.cdphp.com) to find walking routes, walking clubs, and additional ways to track your physical activity.

