

# Starter Walking Plan: Set Goals & Take Control

This plan is designed to help you start walking if you haven't been active. Ask your diabetes care team if you have questions about how much and what kind of activity is right for you.

Activity can lower blood sugar by helping your body use insulin to turn food into energy. Activity also helps manage your weight. The American Diabetes Association recommends 150 minutes of activity each week. For example, this could be 30 minutes of exercise 5 days per week.

- You and your care team will create an activity program that's right for you.
- Your program will be based on your age, general health, and what you like to do.



## 3 Steps to Success

- 1 Track how much you walk** for a few days using a watch (how long) or a pedometer (number of steps). Then use the example plan below to add to your routine.
- 2 Add more or less steps** and adjust how many brisk steps based on your needs.
- 3 Take it one day at a time** and build up your walking stamina at a comfortable pace.

## Simple Ways to Get Active

- Take a 10-minute walk at lunch
- Walk the dog after dinner
- Walk to a bus stop a little farther from home or work
- Walk to talk to a co-worker instead of calling or texting
- Take the stairs instead of the elevator
- Garden, do housework, and yard work
- Choose a farther parking space
- Do arm chair exercises

## Start out SLOW, increase to a BRISK walk, then cool down with a SLOW walk at the end.

DAILY WALK	START SLOW		BRISK PACE		FINISH SLOW		TOTAL PER DAY	
	Minutes or Steps		Minutes or Steps		Minutes or Steps		Minutes or Steps	
Week 1	5	500	0	0	5	500	10	1,000
Week 2	5	500	5-8	500-800	5	500	15-18	1,500-1,800
Week 3	5	500	8-11	800-1,100	5	500	18-21	1,800-2,100
Week 4	5	500	11-14	1,100-1,400	5	500	21-24	2,100-2,400
Week 5	5	500	14-17	1,400-1,700	5	500	24-27	2,400-2,700
Week 6	5	500	17-20	1,700-2,000	5	500	27-30	2,700-3,000
Week 7	5	500	20-25	2,000-2,500	5	500	30-35	3,000-3,500
Week 8	5	500	25-30	2,500-3,000	5	500	35-40	3,500-4,000
Week 9	5	500	30-35	3,000-3,500	5	500	40-45	4,000-4,500
Week 10	5	500	35-45	3,500-4,500	5	500	45-55	4,500-5,500
Week 11	5	500	45-55	4,500-5,500	5	500	55-65	5,500-6,500
Week 12+	5	500	Maintain or continue to increase		5	500	Maintain or continue to increase	

\*Adapted from American Diabetes Association's STEP OUT WALK To Stop Diabetes 5K Starter Walking Plan

# Chart Your Walking Progress

Print this page and fill in the chart weekly to keep track of your progress.

Start out SLOW, increase to a BRISK walk, then cool down with a SLOW walk at the end.									
DAILY WALK	START SLOW		BRISK PACE		FINISH SLOW		TOTAL PER DAY		
	Minutes	- or - Steps	Minutes	- or - Steps	Minutes	- or - Steps	Minutes	- or - Steps	Steps
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									
Week 10									
Week 11									
Week 12+			Maintain or continue to increase				Maintain or continue to increase		



Remember to **add or subtract steps as you need**. You can also change how many are at each pace to find what works best for you over time.



**Take it one day at a time** and build up your walking stamina at a pace that's comfortable for you.

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