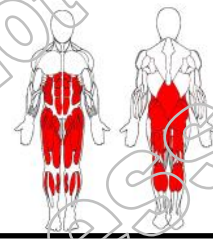


WALKING RUNNING



CAUTION

- Improper footwear can lead to injury while walking or running
- Avoid running if you have ankle, knee, or lower back injury

PROS & CONS

- + It can help prevent or reduce chances of obesity, type 2 diabetes, high blood pressure, heart disease and stroke
- + Great option to help lose weight and keep it off
- + It can boost endurance and stamina
- + It can improve mood and reduce stress
- + Can be done anywhere
- May have jarring impact on the back, hips, knees or ankles
- It can get monotonous

INSTRUCTIONS

- 01** Wear comfortable running / walking sneakers
- 02** Wear appropriate apparel that can help you stay cool in the summer and keep you warm in cold weather
- 03** Start slow and gradually increase speed or distance as you become more comfortable
- 04** Hydrate well

CHALLENGE MILES

- 1:1

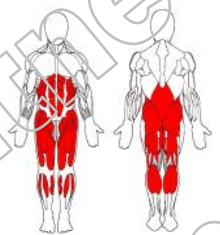
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WALKING RUNNING



ROUTINE SAMPLES

ROUTINE# 001

- ▶ Record the most distance you can cover walking or running for 20 minutes
- ▶ Repeat 2-3 times a week
- ▶ Aim to increase distance by 10% every 4 weeks

ROUTINE# 003

- ▶ Walk (or) run for 1 minute
- ▶ Squat for 30 seconds
- ▶ Repeat until you complete 20 minutes

ROUTINE# 002

- ▶ Walk for 90 seconds
- ▶ Sprint for 30 seconds
- ▶ Repeat until you complete 1 mile

ROUTINE# 004

- ▶ Go for 1,000 steps above your daily step average 2 times a week
- ▶ On the weekend, aim for 2,000 steps above your daily step average

ALTERNATE OPTIONS



Treadmill



Cycling



Swimming

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