



HEALTH AND WELLBEING CHECKLIST

Date

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Building Endurance Through Walking

Walking is a low-impact way to build endurance and improve overall fitness. Use this checklist to create a sustainable walking routine.

Set a Weekly Goal

- Determine a distance or duration to aim for each week to build consistency.
- Example: Walk 3 miles daily or aim to reach 10,000 steps five days a week.



Choose Comfortable Footwear

- Wear supportive shoes designed for walking to prevent discomfort or injury.
- Tip: Replace walking shoes every 300–500 miles to maintain optimal support.



Start with a Warm-Up

- Begin each walk with 5 minutes of slower-paced walking to prepare your muscles.
- Tip: Include light dynamic stretches, like leg swings, to further loosen up.



Incorporate Intervals

- Alternate between a brisk pace and a slower pace to improve endurance.
- Example: Walk briskly for 2 minutes, then slow for 1 minute, repeating for minutes.



Track Your Progress

- Use a fitness tracker or app to log your distance, time, and pace consistently.
- Tip: Review your progress weekly to identify improvements or areas to adjust.



Add Weekly Challenges

- Gradually increase your distance or time each week to build stamina.
- Example: Add 5 minutes to your walk or increase your weekly mileage by 10%.





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Explore New Routes

- Keep walks interesting by choosing different paths, parks, or neighbourhoods.
- Tip: Research trails or walking paths nearby for scenic or quieter options.



Include Hill Walks

- Add inclines to your route to build strength, endurance, and cardiovascular fitness.
- Tip: Start with gentle slopes and progress to steeper hills as your fitness improves.



Stay Consistent

- Aim for 5-6 walking days per week to maintain steady progress.
- Tip: Set a specific time each day for walking to establish a consistent routine.



Stretch Post-Walk

- Loosen muscles with calf stretches, hamstring stretches, and hip flexor stretches.
- Tip: Hold each stretch for at least 20-30 seconds to improve flexibility and recovery



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