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| Week 1 Aim:  Each day, on at least 3 days of the week:   * Increase your baseline step count by **1500 steps**, or * Build up **15 minutes** of walking | |  |  |  | | --- | --- | --- | | Day | Day of week | Where and When | | 1 |  |  | | 2 |  |  | | 3 |  |  | |
| Top Tips:   * Walking doesn’t have to be done all in one go - split it into blocks of 10 minutes if that works better for you * If you’re watching TV, get up and do something during the adverts * Walk to get your milk or newspaper |

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| Week 2 Aim:  Each day, on **at** **least 5 days** of the week:   * Increase your Week 1 step count by **1500 steps**, or * Build up **15 minutes** of walking | |  |  |  | | --- | --- | --- | | **Day** | **Day of Week** | **Where and When** | | **1** |  |  | | **2** |  |  | | **3** |  |  | | **4** |  |  | | **5** |  |  | |
| Top Tips:   * Encourage friends, relatives or workmates to walk with you - having a chat while you walk can make it more enjoyable * Get off the bus at an earlier stop, or park your car a little bit further away, and walk the rest of the way * Take your dog for an extra walk – they’ll enjoy it and it’ll do you good! |

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| **Week 3 Aim:**  Each day, on at least 3 days of the week:   * Increase your Week 2 step count by **3000 steps**, or * Build up **30 minutes** of walking | |  |  |  | | --- | --- | --- | | Day | Day of week | Where and When | | 1 |  |  | | 2 |  |  | | 3 |  |  | |
| Top Tips:   * If the weather’s bad try to find an indoor area such as a shopping centre, or walk around the house briskly * Walk to the cinema or shops instead of taking the car or bus * Walk at a pace you find comfortable. It should be a normal to brisk walk, but not so fast that you need to stop or feel uncomfortably breathless |

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| Week 4 Aim:  Each day, on **at** **least 5 days** of the week:   * Increase your Week 3 step count by **3000 steps**, or * Build up **30 minutes** of walking | |  |  |  | | --- | --- | --- | | **Day** | **Day of Week** | **Where and When** | | **1** |  |  | | **2** |  |  | | **3** |  |  | | **4** |  |  | | **5** |  |  | |
| Top Tips:   * You can increase the intensity of your walk by increasing the pace or selecting a route with a hill or two * Take the stairs instead of the lift whenever possible. Even try getting out of the lift 1 or 2 floors early and climb the stairs for the last part * Have a walk in the countryside or in a park. * Try new routes |