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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
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| --- | --- | --- |
| Day | Day of week | Where and When |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

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| 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
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| **Day** | **Day of Week** | **Where and When** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

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| 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
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| Day | Day of week | Where and When |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |

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| 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
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| **Day** | **Day of Week** | **Where and When** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

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| 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
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