

04

increase time

ramp it up!

- **Frequency** - Walk as many days a week as possible. If you cannot schedule longer walks, take several short walks, at least 10 minutes during the day.
- **Intensity** - As you progress, walk more briskly. The average brisk pace is about 20 minutes per mile.
- **Time** - Increase the distance you walk over time. Measure one mile, record the time, and see how you improve. Add more minutes to your walk each week.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention