

# RAMP IT UP



04

increase time



set a goal

be active

get a routine

increase time

04

**How Often** - Try to walk more frequently.

**How Hard** - Walk more briskly over time.

**How Long** - Try to increase the distance you walk. Each week, add a few minutes to your time. **RAMP IT UP!**



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