

Movement for Wellness Program

This program is an 8-week walking initiative designed to support individuals build up to walking 20 minutes, five days a week.



MOVEMENT IS MEDICINE.



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council

Movement for Wellness WEEK 1

COACHING TIP

Be patient. Most people do too much, too fast, too soon. Always walk at a comfortable pace. Stick to the program. Warm up by walking slowly, gently moving your arms and legs to get your heart pumping. Enjoy your walk! Cool down by slowing your pace and doing a few easy stretches.

DAY 1
Walk 10
Minutes

DAY 2
Rest

DAY 3
Walk 15
Minutes

DAY 4
Rest

DAY 5
Walk 10
Minutes

DAY 6
Rest

DAY 7
Rest

Movement for Wellness WEEK 2

COACHING TIP

Decide on a time to walk that is most convenient, and be consistent with it! Keep a log of your progress and record your training details in a calendar or notebook. You will feel proud of your accomplishments. Become more accountable and begin to understand your body as your fitness develops.

DAY 1
Walk 15
Minutes

DAY 2
Walk 10
Minutes

DAY 3
Walk 10
Minutes

DAY 4
Rest

DAY 5
Walk 15
Minutes

DAY 6
Rest

DAY 7
Rest

Movement for Wellness WEEK 3

COACHING TIP

As your body adjusts to increased physical activity, you may begin to feel small aches and pains. Don't worry, these will disappear as your body adapts to your new training regimen. Record how you feel, and make sure you are always walking at a comfortable pace. Consult a health care professional if you experience any abnormal pain or discomfort.

DAY 1
Walk 10
Minutes

DAY 2
Walk 10
Minutes

DAY 3
Walk 15
Minutes

DAY 4
Rest

DAY 5
Walk 20
Minutes

DAY 6
Rest

DAY 7
Rest

Movement for Wellness

WEEK 4

COACHING TIP

This is a much deserved rest week with less walking time so your body can properly recover. Hold yourself back from doing more. Find a soft forest trail or park to give your legs a break from the pavement and asphalt.

DAY 1
Walk 10
Minutes

DAY 2
Walk 10
Minutes

DAY 3
Walk 15
Minutes

DAY 4
Rest

DAY 5
Walk 20
Minutes

DAY 6
Rest

DAY 7
Rest

Movement for Wellness

WEEK 5

COACHING TIP

As your body adjusts to increased physical activity, you may begin to feel small aches and pains. Don't worry, these will disappear as your body adapts to your new training regimen. Record how you feel, and make sure you are always walking at a comfortable pace. Consult a health care professional if you experience any abnormal pain or discomfort.

DAY 1
Walk 10
Minutes

DAY 2
Walk 10
Minutes

DAY 3
Walk 15
Minutes

DAY 4
Rest

DAY 5
Walk 20
Minutes

DAY 6
Rest

DAY 7
Rest

Movement for Wellness

WEEK 6

COACHING TIP

You will be increasing the length of your walks again this week. Be confident! Hold yourself tall, shoulders square, eyes forward and tighten your core. Remember to maintain your rhythm and pace with an easy arm swing and long stride. You are ready to walk with purpose now!

DAY 1
Walk 15
Minutes

DAY 2
Walk 15
Minutes

DAY 3
Walk 20
Minutes

DAY 4
Rest

DAY 5
Walk 20
Minutes

DAY 6
Walk 15
Minutes

DAY 7
Rest

Movement for Wellness

WEEK 7

COACHING TIP

Can you feel it?!

You are reaching a new level of fitness! It should be getting easier to make time for your walks. Stay motivated by varying your route. Be creative! This week, try including some hills or inclines. Use those arms! Shorter strides on the way up, longer strides on the way down.

DAY 1

Walk 20
Minutes

DAY 2

Walk 15
Minutes

DAY 3

Walk 20
Minutes

DAY 4

Rest

DAY 5

Walk 20
Minutes

DAY 6

Walk 15
Minutes

DAY 7

Rest

Movement for Wellness

WEEK 8

COACHING TIP

Congratulations!

You are in the final week of the Movement for Wellness program. Walking 20 minutes, 5 times per week is a milestone that sets you up to gradually push the length of your walks and continue on your health and fitness journey! Be proud of yourself! Set new goals and stick with your walking routine.

DAY 1

Walk 20
Minutes

DAY 2

Walk 20
Minutes

DAY 3

Walk 20
Minutes

DAY 4

Rest

DAY 5

Walk 20
Minutes

DAY 6

Walk 20
Minutes

DAY 7

Rest