



# Exercise Planner

## for your *Body*

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### 20 Minute Walk

**What you need:** Pair of comfortable shoes

**Explanation:** Walking is one of the easiest, most enjoyable, and most beneficial forms of exercise. Grab a pair of shoes and head out the door to find out what you've been missing. All you need is a good pair of shoes & comfortable clothing.

Brisk Walk



Power Walk



Exercise on Stairs



Beginner

Briskly walk around your most ideal location of choice for 20 minutes

Intermediate

Briskly walk around your most ideal location for 5 minutes

Power walk for 5 minutes

Brisk walk for 5 minutes

Power walk for 5 minutes

Advanced

Find an inclined track, hill or stairs and walk for 20 minutes