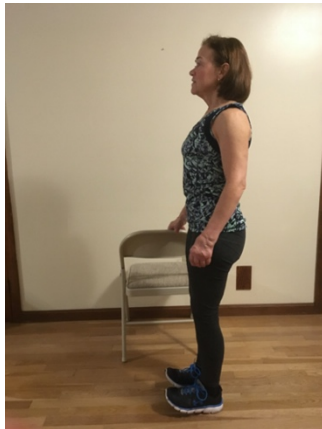




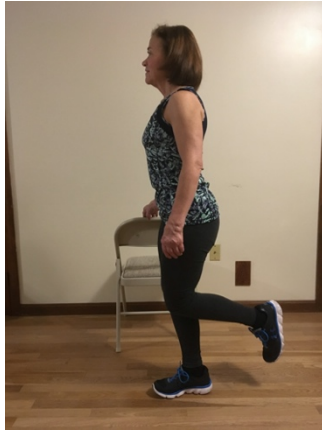
**Hip flexors and thigh stretch:** Sit sideways on a chair, turning to your left, and bring your right foot back, toes down. Sit up straight. Hold, then repeat to other side.



**Heel/Toe Raises:** Standing behind a chair with hand resting on the back, roll up onto your toes, then back on your heels.



**Calf Stretch:** Standing behind your chair, bring your right leg back, heel on the floor and toe pointed forward. Hold, then repeat to other side.



**Hamstring Curls:** Standing behind your chair, bend your right knee, bringing your heel toward your buttocks, then lower the leg slowly. Repeat on left leg.



**Hip Abduction:** Standing behind your chair, extend your right leg out to the side, then lower slowly. Repeat with left leg.



**Hamstring stretch (seated):** Sit on the edge of your chair and extend one leg. Flex the foot, pointing your toes toward your shin and pressing through the heel of your foot. Bending at your hip flexors and keeping the back straight, bend as far forward as you can while maintaining a straight leg.



**Hip Stretch (seated):** If appropriate, bring your right ankle to your left knee. Keeping your spine straight, hinge forward at your hip flexors until you feel the stretch in your hips and deeper posterior muscles. Hold, then repeat to other side.

## Walking Program for Beginners

### Week 1

- Start with a daily **15-minute** walk.
- Walk at an easy pace throughout this level.
- Walk **five days** of the week. Build a habit of consistency.
- Spread out your rest days. For example make day 3 and day 6 a rest day.
- Weekly total walking goal: **75 minutes**.

### Week 2

- Add 5 minutes a day for a **20-minute** daily walk.
- Walk five days a week. Continue building your habit.
- Spread out your rest days as before.
- Weekly total walking goal: **100 minutes**.

### Week 3

- Add 5 minutes a day for a **25-minute** daily walk,
- Walk 5 days a week.
- Weekly total walking goal: **125 minutes**.

### Week 4

- Add 5 minutes a day for a **30-minute** daily walk
- Walk 5 days a week.
- Weekly total walking goal: **150 minutes**

When you have established the habit of walking 5 days a week for 30 minutes at an easy pace and are ready to increase the challenge, intensify the speed at which you walk. Aim for a pace that leaves you a bit breathless but still able to carry on a conversation.