

Your Do Life FIT Walking Guide

WALKING PACE: Your intensity on a scale of 1–10

- 5–6 effort should have you breathing quickly, but still allow you to carry on a conversation easily.
- 8–9 effort should have you breathing very heavily and able to answer yes or no questions only.
- Since your intensity varies with your personal fitness level, vary your speed and power to reach the recommended effort range for each walk.

EASY WALK: It's important not to over do it, and this active recovery walk is all about keeping a balance in your fitness routine. This walk is all about enjoying the movement (a comfortable 3–4 effort level). Take in your surroundings, focus on feeling good — try to be mindful of your breath and steps along the way.

POWER WALK: This walk is steady but strong. After walking for 3 min at an easy pace to warm up, focus on maintaining a steady effort level of a 5–6 intensity until you've completed your session (be sure to spend about 3–5 minutes walking at an easy pace to cool down at the end, catch your breath and complete your walk).

HIIT WALK: Go the distance in less time with this interval walk! After walking for 3 minutes at an easy pace to warm up, begin repeating your HIIT interval sets (spend 2 minutes walking at a brisk pace, at an intensity of about a 5–6, power walk or jog at 1 minute at an intensity of an 8–9) until you've completed your session (be sure to spend about 3–5 minutes walking at an easy pace to cool down, catch your breath and complete your walk).