

Body & Soul

# 6 WEEK CHALLENGE

TRAINING BOOKLET



# PERSONAL PROFILE

## My Get Healthy Contract

I, \_\_\_\_\_,  
do solemnly swear to make myself a priority and to follow  
the Body & Soul Six Week Walking Challenge Program.

My goal is:

Being overweight or out of shape makes me feel:

I want to achieve this goal because:

Achieving this goal means:

With my stronger, slimmer, fitter body, I plan to:

X \_\_\_\_\_

(Sign your name here.)

## Starting Stats

Record these measurements before you begin the program so you have a baseline from which to assess your progress. Seeing changes in these measurements can help you to stay motivated. If the numbers aren't improving as much as you'd like, this information can help modify the program to maximize your results

You can calculate your BMI using the following formula: Multiply your weight in pounds by 703. Divide that number by your height in inches. Divide that number by your height in inches again.

**Example:** A woman who weighs 145 pounds and is 67 inches tall (5'7") has a BMI of 22.7. A BMI of 25 or higher is considered overweight; a BMI of 30 or higher is obese. You want to aim for a healthy BMI calculator in just a few quick clicks! Go to [www.prevention.com](http://www.prevention.com), then searching for "BMI calculator."

|                  |  |  |
|------------------|--|--|
| TODAYS DATE/TIME |  |  |
|                  |  |  |
|                  |  |  |
|                  |  |  |
|                  |  |  |

## INCHES

Accurately measuring your own limbs and torso can be a challenge, so we recommend that you find a partner to help. Be sure to stand up straight, relax your arms, and follow these guidelines: Measure your chest at the fullest point of your bust. Take your waist measurement at the narrowest part of your torso, or about 2 inches above your navel. Measure your hips at the fullest part. Make sure the tape measure is parallel to the ground. Measure at the fullest part of each thigh and upper arm when arms and legs are relaxed, shoulder-width apart.

|       |  |             |  |              |  |
|-------|--|-------------|--|--------------|--|
| CHEST |  | LEFT THIGH  |  | RIGHT THIGH  |  |
| WAIST |  | LEFT BICEPS |  | RIGHT BICEPS |  |
| HIPS  |  |             |  |              |  |

## 1-MILE WALK

Map out a 1-mile route. Do your warm-up and cool-down separate from the 1-mile route so in total you'll be walking a little over a mile. During the 1-mile route, go at a pace that you feel you can maintain for the entire distance. You should be breathing heavy (about a 6 to 8 intensity level, but not panting.) Note your time below.

|            |  |     |
|------------|--|-----|
| TOTAL TIME |  | MIN |
|------------|--|-----|

## Finding the Right Pace

When you start interval walking, judging your walking intensity can be tricky. Look at our intensity levels below to help you assess whether you need to speed things up, take it easy, or keep on exactly the way you're going.

| ACTIVITY  | INTENSITY LEVEL | PACE                          | HOW IT FEELS  | SPEED ESTIMATE |
|-----------|-----------------|-------------------------------|---|----------------|
| Inactive  | 1-2             | Barely moving                 | Easy; you could do it for a very long period of time                  | <2.0 MPH       |
| Easy*     | 3-5             | Leisurely stroll              | Light effort, rhythmic breathing; you can sing                        | 2.0 - 3.5 MPH  |
| Moderate  | 5-6             | Purposeful                    | Some effort, breathing somewhat hard                                  | 3.0 - 4.0 MPH  |
| Black     | 6-7             | In a bit if a hurry           | Hard effort, slightly breathless; you can only talk in a brief phrase | 3.5 - 4.5 MPH  |
| Fast      | 7-8             | Late for an appointment       | Very hard effort, breathless; yes/no responses are all you can do     | 4.0 - 5.0 MPH  |
| Very Fast | 8-9             | Trying to catch a leaving bus | Maximum effort; you have no breath for talking                        | 4.5 - 5.5 MPH  |
| Sprint    | 9-10            | Racing for your life          | All out effort; you can't maintain it for more than a minute          | 5.5+ MPH       |

*\*Use this for warm-up and cool-down*

*\*\*These are only rough estimates, with the midpoint based on someone who is moderately fit. If you're just starting out, you'll probably hit each intensity level at a slower pace, closer to the lower end of the speed range or even below. If you've been walking regularly and you're very fit, you have to walk faster, aiming toward the higher end of the range, to achieve the recommended efforts levels. Pay attention to your body and do what feels right to you.*

## How Exercise Should Feel

Anytime you're doing something that's out of your comfort zone - which is the intention of exercise in order for your body to change - it's going to be uncomfortable. It's normal, but some symptoms aren't normal and shouldn't be ignored. Here are guidelines for how exercise should feel, what's abnormal, and what to do if you experience any of these symptoms.

| NORMAL                                       | ABNORMAL   | WHAT TO DO   |
|--|--|--|
| Heart pumping rhythmically harder and faster | Chest pain or tightness  | Stop immediately and call 911                                      |
| Breathing faster and harder                  | Difficult or uncomfortable breathing that doesn't improve when you decrease your workout intensity | Stop immediately and call your doctor                              |
| Muscle soreness or burning                   | Sharp, shooting pain or pain in a joint  | Stop and rest and ice the area. If pain persists, call your doctor |
| General fatigue                              | Light-headedness or dizziness  | Stop immediately and call your doctor                              |



# 6 Body & Soul WEEK CHALLENGE

This six week walking challenge is for the beginner walker who wants to improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes. Health experts have found that about 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are rest days or “Alternate Activity” days. Pick which days of the week work best for you and your schedule. Always start your walk with 3–5 minutes at an easy warm-up pace.

|        | Monday   | Tuesday<br>(optional)  | Wednesday   | Thursday              | Friday | Saturday   |
|--------|--|--|---|-----------------------|--------|--|
| Week 1 | Easy walk: 5–10 mins<br>*Stretch: 2 mins<br>Easy walk: 5–10 mins<br>*(NOTE: Try hamstring and calf stretches.) | Easy walk: 10–15 mins<br>(NOTE: Always rest when necessary!) | Easy walk: 5–10 mins<br>Stretch: 2 mins<br>Easy walk: 5–10 mins | Easy walk: 10–15 mins | Rest   | Easy walk: 15–20 mins<br>(Window shopping is great!) |

|        |  |   |  |   |  |  |
|--------|--|---|--|---|--|--|
| Week 2 | Easy walk: 5–10 mins<br>Stretch: 2 mins<br>Brisk walk: 5–10 mins   | Easy walk:<br>10–15 mins                                  | Easy walk:<br>5–10 mins<br>Stretch: 2 mins<br>Brisk walk: 5–10 mins      | Easy walk:<br>10–15 mins<br>(Remember:<br>Rest when necessary.) | Rest   | Easy walk:<br>15–20 mins   |
| Week 3 | Easy walk:<br>10–15 mins<br>Stretch: 2 min<br>Brisk walk: 5–10 mins  | Easy walk:<br>15–20 mins<br>Stretch: 2 mins               | Easy walk:<br>10–15 mins<br>Stretch: 2 mins<br>Brisk walk: 5–10 mins     | Easy walk:<br>15–20 mins<br>Stretch: 2 mins                     | Rest   | Easy walk:<br>20–25 mins<br>(Don't window shop!<br>Keep moving.) |
| Week 4 | Easy walk:<br>10–15 mins<br>Brisk walk: 5–10 mins<br>Stretch: 2 mins   | Easy walk:<br>15–20 mins<br>Stretch: 2 mins               | Easy walk:<br>10–15 mins<br>Brisk walk: 5–10 mins<br>Stretch: 2 mins     | Easy walk:<br>15–20 mins<br>Stretch: 2 mins                     | Rest   | Brisk walk:<br>20–25 mins  |
| Week 5 | Easy walk: 10–15 min<br>Brisk walk:<br>10–15 mins<br>Stretch: 2 min  | Easy walk:<br>25–30 mins<br>Stretch: 2 mins               | Easy walk:<br>10–15 mins<br>Brisk walk:<br>10–15 mins<br>Stretch: 2 mins | Brisk walk:<br>25–30 mins<br>Stretch: 2 mins                    | Alternate activity of<br>your choice:<br>Go dancing, rake<br>leaves, etc. for<br>20-plus mins. | Easy walk:<br>25–30 mins   |
| Week 6 | Power Intervals:<br>Total Time:<br>24–34 mins<br>Easy walk:<br>15–20 mins<br><b>Power Intervals</b><br>–Power walk: 30 secs<br>–Easy walk: 1 min<br>Repeat <b>4–6</b> times.<br>Easy walk 3–5 mins | Alternate activity<br>of your choice for<br>20–30 minutes | Easy walk:<br>30–35 mins<br>Stretch: 2 mins                              | Brisk walk:<br>25–30 mins<br>Stretch 2 mins                     | Rest   | Easy walk:<br>25–30 mins   |