

15-MINUTE BEGINNER POWER WALKING WORKOUT



Power walking is an exercise that emphasizes speed and arm motion as a means of increasing health benefits. Regular power walking is good for your heart, emotional well-being, and for reducing stress.

What To Do	For How Long	Intensity
Warm up	4 min.	1
Walk slowly	1 min.	2-3
Walk briskly	1 min.	3-4
Walk at moderate pace	1 min.	5-6
Walk slowly	1 min.	2-3
Walk briskly	1 min.	3-4
Walk at moderate pace	1 min.	5-6
Walk slowly	1 min.	2-3
Cool down	4 min.	1
Total workout Time	15 minutes	

RATING OF PERCEIVED EXERTION	
10	Maximal Exertion Cannot push any harder
9	Very Hard Activity Can barely breathe, unable to speak
8	Hard Activity Difficulty breathing, barely unable to speak
7	Hard Activity Heavy sweating, difficulty speaking
6	Moderate Activity Moderate sweating, able to speak
5	Moderate Activity Speaking is easy, light sweating
4	Light Activity Breaking a sweat, comfortable speaking
3	Light Activity Comfortable, slight difficulty breathing
2	Minimum Activity Barest exertion
1	Resting No exertion

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.