



Óglaigh
na hÉireann
IRISH DEFENCE FORCES

WALKING INTO A HEALTHY LIFESTYLE



www.military.ie

STRENGTHEN
THE NATION

INTRODUCTION

The world has not encountered a pandemic (COVID-19) like this since the Spanish Flu pandemic of 1918 and each person is doing there utmost to beat it while also trying there very best to get things back to normal so people can travel, return to school, sport and much more. Unfortunately, this pandemic is having a big impact on families and loved ones.

People who are recovering from this virus are experiencing extended recovery periods which are having a major impact on there day to day lives.

I have put something together for those people who are recovering from COVID-19 to help them return to a healthy lifestyle. What we know so far and what we have read about COVID-19 the HSE guidelines give clear direction “we know people who are recovering from COVID-19 feel tired, weak and suffer from shortness of breath”. If this happens while carrying out physical fitness you need to slow things down and set small goals for yourself, getting your body back to its normal healthy lifestyle will take time, it could take anything from 5 to 8 weeks.

Unlike anything we have witnessed before people must change the basic ways we interact with one another, but we can still perform physical fitness in a controlled manner and being active can help you to recover quicker.

PHYSICAL PROBLEMS AFTER COVID-19

Research has shown the problems you might experience while recovering from COVID-19. They are as follows:

- Muscle weakness and joint stiffness
- Extreme tiredness, fatigue and lack of energy
- Reduced mobility
- Unstable physical fitness
- Poor smell and taste
- Difficulties swallowing
- Breathlessness
- Phlegm build-up
- Stomach concerned.

As we all know COVID-19 would have a huge impact on your physical activity nonetheless it would also play a crucial part on your “Mental and Emotional side effects” like your sleep pattern and if you notice a change in your mood/ depression or any anxiety symptoms. Regardless, your aim for the next few weeks is to start slowly and gradually increasing your training so you can manage it when carrying out training program, always remember regular exercise is good for you but keep in mind that it will take time to get back to normal activities. You should:

- Start slowly and introduce new activities gradually.
- Set yourself realistic targets each week.
- Rest when you feel tired.

WALKING

As said time and time again, walking is undoubtedly the best way for you to regain your fitness level back to normal, the thing with walking is you set yourself a small realistic goal, for example, you might not feel the best and on that particular day you feel very weak regardless you can still complete your goal within the comfort of your own home, walk up the stairs, walk from room to room, walk out to the back garden and when your health recovers try to increase the duration of the walk.

“Live your truth. Express your love. Share your enthusiasm. Take action towards your dreams. Walk your talk. Dance and sing to your music. Embrace your blessings. Make today worth remembering”.

Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience.

HOW MUCH TIME WOULD YOU GIVE FOR WALKING WHEN RECOVERING

With a structured plan in place, you should be able to follow your pathway to a healthy recovery, starting small and working your way up, have a clear understanding of your goals each day and do your very best to achieve them, plan your walking areas, for example, have a rest area if your feeling tired, walk-in public view but maintaining your distance, inform someone where you’re going and what your route is, and lastly, if someone within your family wants to tag along with you that’s fine for safety & support.

- **Week 1:** 5 to 10 minutes
- **Week 2:** 10 to 15 minutes

- **Week 3:** 15 to 20 minutes
- **Week 4:** 20 to 25 minutes
- **Week 5:** 25 to 30 minutes

After 6 weeks you should aim to be walking at least 30 minutes 5 days



a week. This walking should be reasonably fast so that you are slightly out of breath. You should still be able to talk and walk. Throughout your program, you should be monitoring your breathing you should be out of breath during exercise but still able to manage a conversation with someone.

I would recommend starting a log journal that you record everything on your path to recovery, this will also aid you if you are not performing on some days and it repeats itself the following week you can then reduce your program and maybe speak to a health professional, if you don't structure your plan it will fall apart.

The Fundamental Movements of the Human Body

Fundamental movement skills categories include: Balance skills - Movements where the body remains in place, but moves around its horizontal and vertical axes. Locomotor skills - such as running, jumping, hopping, and galloping. Ball skills - such as catching, throwing, kicking, underarm roll and striking. www.health.act.gov.au > [fundamental](#)

Because your body is after encountering a great ordeal and it is now repairing itself so you can return to normal activities with your family & friends. It's so important that we start developing the basic movement skills, the Anatomy of the human body allows us to move our body differently and this is taught at a young age. So let's take a quick look at the basic movements and if you implement them into your daily workout this will add strength and better range of motion (ROM) to your overall performance.

Locomotor (Movement) Skills

| | |
|-----------------------------|------------|
| Walking | Side steps |
| Running | Swinging |
| Jumping for height/distance | Climbing |
| Skipping | Crawling |
| Hopping | Dodging |
| Leaping | Gallop |

Example of Locomotor Movement Skill: During a run, the feet are both in the air at the same time, The feet alternate moving forward during the skill.

Body Control (Stability) Skills

| | |
|------------------------------------|------------|
| Balancing on one foot, change foot | Rotating |
| Climbing | Bending |
| Rolling | Landing |
| Walking a straight line | Stopping |
| Twisting | Stretching |
| Turning | |

Example of Body Control Stability Skills: Stability skills are movements where the body remains in place but moves around it's horizontal and vertical axis.

Between Locomotor Skills and Stability Skills implemented into your daily workout, this will improve your functional movement. All of the above skills can be carried out in the comfort of your own home, if you're feeling weak or fatigue at any point stop and rest, also support your weights with holding onto the wall or using a kitchen chair as you accomplish the exercises.

Being active and avoiding long periods of bed-rest is important. It can help you to recover more quickly and improve you're physical and mental wellbeing.

| Locomotor Skills | | Stability Skills | |
|------------------|----------------------|---------------------------------|--|
| Day | Exercise | Exercise | Remarks |
| Monday | 5-10 min Walk | Stretching Session | Easy walk, stop if your breathless/rest and continue. Floor based Full body stretching session, |
| Tuesday | Jumping for distance | Balancing on one foot & Turning | Mark a spot on the ground and complete x3 jumps. Keep your recordings. Maintain your balance for several mins and repeat 3 times. Each time you finish your balance you must walk out 20 meters and turn and walk back. |
| Wednesday | 5-10 min Walk | Rotating | Easy walk, stop if your breathless/rest and continue. 30 seconds standing tall rotating the truck repeat x3 times |
| Thursday | 5-10 min walk | Stretching Session | Easy walk, stop if your breathless/rest and continue. Floor based Full body stretching session, |
| Friday | 5-10 min Walk | Walking a straight line | Easy walk, stop if your breathless/rest and continue. Mark out a straight line 10 meters and walk it repeat x5 times |
| Saturday | 5-10 min Run | Balancing on one foot & Turning | Running for max 10min, if you need to stop and rest do so. Maintain your balance for several mins and repeat 3 times. Each time you finish your balance you must walk out 20 meters and turn and walk back. |
| Sunday | Rest | Rest | This is so important that you take the time given and enjoy the recovery. |

COVID-19 symptoms can sometimes persist for months. For most people they will make a full recovery in days/weeks nonetheless not all are so lucky and they will continue to experience symptoms well after their initial recovery. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems. So when carrying out any physical training take your time and don't rush into it, start small and it will eventually lead to bigger things. Having structure in your program can help you move along nicely and with ease, if you're not up for training on that particular day then use it as a rest day. The main thing is your on the correct path to recovery and implementing the basic exercises into your routine will benefit you.

Main body organs (Lungs)

COVID-19 has a tremendous impact on your lungs, research has shown once the lung is damaged it can cause fluid leaking from small blood vessels within the lungs. The fluid collects in the lungs "air sacs" or "alveoli" this makes it more difficult for the lungs to transfer oxygen from the air to the blood.

Exercise to improve adequately lung capacity "breathing exercise".

- Diaphragmatic breathing
- Simple deep breathing
- «Counting» your breaths
- Watching your posture
- Staying hydrated
- Staying active

The lungs as we all know play an important role in keeping us strong and in good health, it's not until we experience problems such as breathing we start taking notice, the truth is like the rest of our body our lungs need looking after daily. With carrying out some basic breathing exercise you can strengthen your lungs and make them more healthy. Without sufficient oxygen, people are more prone to health problems, such as heart disease, chronic obstructive pulmonary disease and respiratory illnesses.

You need to challenge your lungs daily day-to-day activity does help you use your lungs to their full capacity, more intense activity is needed during the day/ week this will help counteract the build-up of toxins and tar in the lungs caused by environmental pollutants, allergens, dust and cigarette smoke, you need to help your lungs cleanse themselves.

Why physical activity is important during Covid-19?

During the COVID pandemic, so many of us are restricted in our movements, people of all ages and abilities need to be as active as possible. Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Regular physical activity can also help to give the day a routine and be a way of staying in contact with family and friends.

[www.who.int › news › q-a-detail](https://www.who.int/news/q-a-detail)

This pandemic is after turning the world upside down but each person has a part to play and during this difficult time, it's very important to maintain high standards in cleaning/ hygiene and most importantly your physical and mental health. This will not only benefit you, it will also help you fight back COVID.

Thank you all for giving up your time to read this, it's just my thoughts on COVID-19 and the path to recovery, I do believe implementing the stability skills into your daily workout will benefit you and soon you'll be "walking into a healthy lifestyle" but only you can make this happen. I hope it helps and if you have any questions please don't hesitate to contact me.

Part 2

Post-COVID

Recovery



Name: _____

DOB: _____

Address: _____

Start Program Date: _____

Hospital where treated: _____

Name & Contact of Doctor: _____

Evaluation: _____

COVID-Recovery Guideline Sheet

This evaluation guideline sheet is for people who are suffering from the aftermaths surrounding COVID-19 it allows you to record your daily routine using the exercises provided. Following a structured plan will aid better recovery and it's a great way for you to get back to the things you love doing.

The headings that will be covered are as followed:

- 1. Stability Exercises**
- 2. Breathing Exercises**
- 3. Nutrition**
- 4. Focusing Exercises**
- 5. Wellness**

Before beginning, you must remember this is only a guideline to aid recovery for Post-COVID if you have been advised from a healthcare professional on recovery I'm sure they provided you with information to follow going forward onto your path to recovery.

Nonetheless, the above headings that will be covered in this evaluation guideline sheet will support your recovery and I'd advise you before starting to ask a family member or friend to get involved with you for safety and support.

Stability Exercises

Exercising has proven to be very beneficial for people after receiving COVID, health professionals are inviting people to get more active after the illness. The benefits of Physical Activity are as follows:

1. Improve your overall fitness levels.
2. Reduce breathlessness.
3. Physical fitness can improve your energy levels.
4. Reduce stress and improve behaviour.
5. Develop balance and coordination.

During your exercise program, you'll be asked to record your workout, this will allow you to keep track of your progress and also discuss your progress to date with family members or friends.

Exercising Safely

Before starting your program you must remember your body has been analysed both mentally and physically and the things you did before receiving COVID might be different now, for example:

You might have been able to do 50 x squat jumps without stopping, and after 40 x squat jumps, you start feeling the effects of the exercise working, you're breathing a bit heavy after 40 but still managing the exercise.

Research has proven that COVID impacts the Lungs, therefore, your cardiovascular endurance might not be the same as before and you might be breathing heavily after 5 x squat jumps. So my advice to you is we start exercising at the beginning and we work our way up this will lead to better performance in the weeks to come.

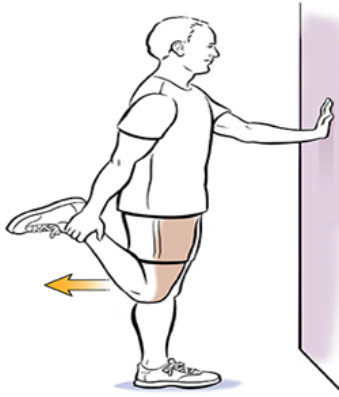
The steps you need to follow before any exercise

1. Carrying out a warm-up before any exercise and conducting a cool-down afterwards, you will improve better blood flow and range of motion (ROM) before starting your program.
2. Having the correct clothing and footwear.
3. Drinking plenty of water before/during and afterwards.
4. Maintaining a healthy balanced diet.

Before departure, if your adventuring outdoors always make sure someone knows the route your taking and what time you'll be back at, have your phone with you. When taking the following steps above if you feel any symptoms such as dizziness, nausea or feeling sick, shortness of breath, or chest pain stop and cancel your session, I'd advise you to get in contact with a health professional and record your symptoms. You're playing it safe as your merely on your path to recovery so it's important to remember that at all times. Nonetheless, during your warm-up, your heart rate will naturally increase bringing your body temperature up, so feeling breathless when exercising is not harmful but you need to know the difference between exercising and breathless and breathless that you're uncomfortable with. Gradually building up your fitness will help and it will help you become less breathless.

Your warm-up should take 5-10 minutes approx all exercises should be carried out in a relaxed manner, for example:

Quadriceps Stretch

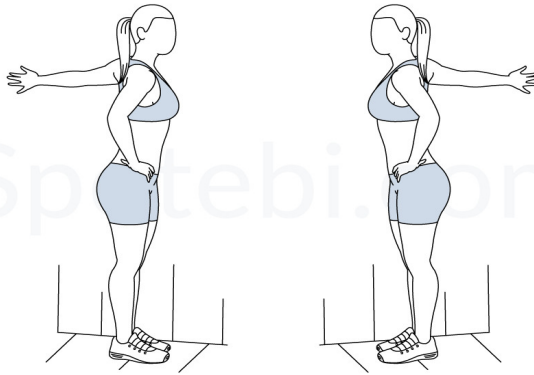


Standing stretch

1. Stand on your left foot and grab your right shin by bending your leg behind you.
2. Tuck your pelvis in, pull your shin toward your glutes, making sure your knee is pointing to the ground. Try not to pull the knee backward or sideways.
3. Hold for 30 seconds and then switch sides.

The benefit of this stretch is you can support your body weight via holding onto a chair or against a wall.

Chest Stretch



Standing stretch

1. Wall Stretch: Place hand on wall
2. Elbow slightly bent or straight,
3. Turn body away from wall.
4. Hold for 30 seconds and then switch sides.

During your warm-up, you can stand or sit, all stretches should be carried out in a controlled manner, holding the stretch for 30 seconds, and repeating the stretches 2 times, during your stretching make sure you control your breathing and if you need to drink water during the warm-up please do so.

Starting your main event

| | |
|----------------------|---|
| F = Frequency | Five (5) Days a week. |
| I = Intensity | Low intensity 30% - 40% for the first 3 weeks |
| T = Time | 20-30 minutes |
| T = Type | Stability Skills Exercise |

Below are a number of stability exercises and a small note attached also a remarks column for your notes, during this phase you must be monitoring your progress and then addressing any issues during the week with a family member or friend. All exercises are low intensity furthermore you need to record your time on each exercise and then each week gradually build up the amount of time you can manage.

A good starting point for each exercise would be 30 seconds on your first week, remember it may take a few weeks before you return to a level of fitness where you feel comfortable on each exercise.

| Stability Exercise | Teaching Points | Clients Notes |
|--------------------|-----------------|---------------|
|--------------------|-----------------|---------------|

| | | |
|---|--|---|
| Balancing on one foot, change foot | Maintain your balance for several mins and repeat 3 times | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Walking a straight line | Mark a line on the ground a walk it, improving your balance & core | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Turning | Walking forward 20 meters, stopping and turning around and walk back, alternate each side. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Twisting | Twisting your body side to side from the waist. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Rotating | Trunk rotation, arm and hip rotation | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Bending | Pivoting at the waist, leaning your body forward and standing upright | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| Stretching | Start from head to toe, so your stretching is in order. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

Breathing Exercises

After spending time in hospital your body is naturally going to lose its strength and fitness because the body is feeling unwell and we need to build it back up, shortness of breath can occur easily and when this takes place you naturally get worried and this can make matters worse, remaining calm and learning how to control your breathing will help. Taking time to understand how to inhale and exhale properly and learning the different techniques as shown below will benefit you and will improve your physical fitness performance.

4-7-8

The 4-7-8 breathing technique, also known as “relaxing breath,” involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

Let’s take a closer look at this pattern, followers have claimed it helps them fall asleep but the most important part is its aim to reduce a build-up of anxiety. The 4-7-8 breathing pattern requires you to focus on taking a long deep breath in and out. This breathing pattern can help in the following areas:

1. Most importantly reduce anxiety.
2. Help with poor sleep habits.
3. Reduce anger responses.
4. How to do it

Before starting the breathing pattern, adopt a comfortable sitting position and place the tip of the tongue on the tissue right behind the top front teeth.

To use the 4-7-8 technique, focus on the following breathing pattern:

1. Empty the lungs of air
2. Breathe in quietly through the nose for 4 seconds
3. Hold the breath for a count of 7 seconds
4. Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds
5. Repeat the cycle up to 4 times

Dr . Weil recommends using the technique at least twice a day to start seeing the benefits sooner. He also suggests that people avoid doing more than four breath cycles in a row until they have more practice with the technique.



Search Dr Weil 4-7-8 pattern on the link below.

www.drweil.com > ... > Videos

Nutrition

Nutrition is a key fundamental on your path to recovery, it is important to eat and drink a well-balanced diet, This will boost your immune system and help you to regain your strength. When eating you may notice your breathing is becoming difficult, when you eat you hold your breath when you swallow, this might have an impact on how much you eat. So you need to train your mind when eating, breathing and swallowing.

Some easy tips to follow during mealtimes

1. Aim off for 3 smaller meals and follow that with 3 snacks every day.
2. Always give yourself time and don't rush your meals, you might find yourself eating slower than before.
3. When eating make sure you are sitting in an upright position and that your comfortable.
4. Get professional advice on nutrition and eat nourishing foods that you enjoy.
5. Before sitting down for your food make sure you haven't been doing any heavy labour beforehand, sit down and unwind before meals are ready.
6. If you cough or choke, or your breathing becomes difficult when you eat and drink, take a break to recover.

Why eating healthy food is important

Eating well is a fundamental to good health and well-being. Healthy eating helps us to maintain a healthy weight and reduces our risk of type 2 diabetes, high blood pressure, high cholesterol and the risk of developing cardiovascular disease and some cancers.

www.foodincare.org.uk › [eating-well](#)

Focusing Exercises

Research has proven that people that have been affected with COVID and are recovering after spending a time in the hospital, especially patients who had a breathing tube in the hospital might experience difficulty focusing, remembering stuff and thinking clearly.

If you experience these difficulties, these strategies may help:

Physical Fitness: easy walks/ runs are a great way to discharge pressure on the brain, even if your body is finding it hard with shortness of breath, feeling weak and fatigue. Just a short 5-10 minutes out in the fresh air will help, if you can get outdoors the exercise that we worked on are perfect, give them a go.

Practice mindfulness throughout the day: This exercise is simple focusing completely your physical and emotional sensations you are experiencing at that time.

Brian exercises: puzzles, crosswords, number games, memory games, reading the list goes on, always make sure you challenge your brain this will keep you motivated.

Wellness

“Breath is the power behind all things.... I breathe in and know that good things will happen.” —Tao Porchon-Lynch

The impact surrounding COVID is undoubtedly a stressful factor, for a person after spending weeks upon weeks lying in a hospital bed praying to make a fast recovery and get home to love one's is a dream changer and with that comes stress, anxiety, worry, fear, depression and sadness. With all this building up inside it's extremely hard to fight it and it all comes out and can lead to worse things. So we need a mechanism to manage stress and feelings of anxiety and depression are therefore this plays an important part in your overall recovery.

Wellness Journal

A wellness journal is a journal dedicated to keeping track of your wellbeing. Rather than just writing out events of the day or your response to an emotional experience, wellness journals are designed with the intent of tracking a goal or an intention.

When composing your thoughts and emotions onto a wellness journal truly finishes off your day in a positive manner, having somewhere dedicated to your self-care, gratitude and development can work wonders for a clear and happy mind and knowing you can reflect on your journal at any time. I'd advise you to record your progress from start to finish on your path to recovery.

Wellness is particularly significant as we age since regular exercise and proper nutrition can help prevent a variety of ailments including cardiovascular disease, obesity, and fall risk behaviours. Furthermore, the requirement for vitamins and minerals increments after age 50, so it's consistently imperative to have a key eating regimen.

Whether you are in your early 20's or late 80's implementing wellness into your daily lifestyle is so important, you need to remain active for you and most importantly for your family so you can enjoy every day with them. Assess your personal wellness goals and get started today, it's never too late!

Faye Howard

Progress, not perfection the mind is a powerful thing. When you fill it with positive thoughts, the world starts to change. Everyday might not be good but there is something good in every day.

I think this quote sums wellness up, and you will have bad days but you need to be strong and learn to push it to one side and concentrate on your goal.

Personal Training

WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to the risk of serious injury, I Tom Devereux urge you to obtain a physical examination from a doctor before beginning any exercise or training program. You agree that by participating in these physical exercise sessions you do so entirely at your own risk.

This waiver and release of liability include, without limitation, all injuries to you which may occur, regardless of negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against the Tom Devereux or instructor for negligence, or any other personal injury or loss action.

Signed: _____

Printed Name: _____

Date: ___/___/___

Part Three

Walking into a Healthy Lifestyle



You are clear and back to normal and you have decided to start taking up walking “congratulations” all you need now is a structured program and you are on your way. Firstly ask yourself “why” are you doing this? And most importantly what will you get from this?

The health benefits of walking:

- Increased cardiovascular and pulmonary (heart and lung) fitness.
- Reduced risk of heart disease and stroke.
- Improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes.
- Stronger bones and improved balance.

Before commencing on your new journey you need a clear goal that you want to achieve and when you have this you need to give it your full attention, As a beginner, you should focus on using good walking posture and technique as you steadily build your walking time.

Brisk walking for 30 minutes per day, totaling 150 minutes per week, is recommended by health authorities to reduce your health risks for heart disease, stroke, diabetes, and other conditions. Nonetheless, walking is just fun and peaceful.

Overview

Now that you have decided “Why” and “What” this four (4) weeks program will put you onto a better path to better health. Brisk walking for a total of five hours per week is associated with maintaining weight loss and even greater health benefits. For this reason, you should build up to walking for an hour a day, most days of the week. You can build a walking habit by walking at least five days per week and tracking your walks. If you have an ongoing health condition, talk to your doctor before starting any new exercise program.

I believe tracking your walks will help as it becomes competitive and you will soon realise that you need to hit your target each time when your out walking, and if you don't hit your target you'll be pretty annoyed with yourself.



Right if you're ready to start, let's go.

If you're starting for the first time you need to be checking and correcting your walking posture, you also need to make sure you're wearing comfortable clothing/ wet gear at the ready and comfortable footwear before setting off. Once you start walking, walk easily before picking your pace up, plan your walk before you leave your home and tell someone where you're going and how long you'll be out for.

Week 1

Start with a daily 15-minute walk at a relaxed pace. Walk five days the first week. You want to build a pattern, so consistency is important. Spread out your rest days, such as making day 3 a rest day and day 6 a rest day.

Weekly total goal: 60 to 75 minutes

WEEK ONE

Example of Week one

| | | |
|-------|-------------------|----------------------|
| Day 1 | Walk 15 min | Write down your time |
| Day 2 | Walk 15 min | Write down your time |
| Day 3 | Rest – Stretching | Write down your time |
| Day 4 | Walk 15 min | Write down your time |
| Day 5 | Walk 15 min | Write down your time |
| Day 6 | Rest – Stretching | Write down your time |
| Day 7 | Walk 15 min | Write down your time |

Week 2

You will need to add five minutes a day so you are walking for a total of 20 minutes, five days a week. On week 2 if you're feeling good and you need to add extra time on you can and record this result on your page. Weekly total goal 75 – 100 minutes

followed by 2 rest day.



“Good things are coming down the road, just keep walking”

This is very true you just need to believe in yourself.

Week 3

Another week Congratulations, this week you need to add five minutes a day so you are walking for 25 minutes, five days a week, with 2 rest days

Weekly total goal: 100 to 125 minutes

Welcome to your last week and congratulations if you got this far, if you haven't reached week four it's not the world of the world, please just refocus yourself and start it again, clear mindset and have that finish line in your sights and the very best of luck.

Week 4

Congratulations you last week, you need to add five minutes a day to walk for 30 minutes, five days a week and two rest days

Weekly total goal: 125 to 150 minutes

During the four weeks "walking into a healthy lifestyle" if you did find a week that you found difficult instead of moving on repeat that week again till you are comfortable walking for that length of time.

Once you reach your 30 minutes walk at a comfortable pace you are ready for different variations of workouts, adding more intensity and endurance. Again make sure you structure your plan before moving out, this will help you reach your goals, and why not push yourself that you can walk that Marathon or charity walk that everyone talks about?

Thanks for taking the time to read this "walking into a healthy lifestyle" and I hope it inspires you to get out and get going.

Regards

Tom Devereux