



LET'S WALK!

Walking is an excellent way to enhance your general fitness on days when you are not doing other exercises. Here are some tips for getting started, and a log to help you keep track!

Tips for Getting Started

- Wear comfortable shoes, weather-appropriate clothing, and glasses (if you have them).
- Walk with a family member, friend, or neighbor.
- Use an assistive device if needed.
- Look forward and keep your head up.
- Aim for a total of 30 minutes of walking per day.
- Enjoy yourself!

Walking Log

Name: _____ Week of: _____

Day	Total Walking Time
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



Insight Memory Care Center provides specialized day programs for individuals in all stages of memory and cognitive impairment, support for care partners, and education and engagement opportunities for everyone.

