Your first walk

Want to make walking part of your routine to help manage your weight? Start with five minutes on a level surface, indoors or outside.

1 min Walk slowly. Relax your shoulders and take short steps.

3 min Settle into a comfortable pace where you can hold a conversation.

1 min Gradually slow down and finish at an easy pace.

If five minutes feels like too much

Start with a shorter walk and stop while you still feel comfortable. That walk counts, too.