

The Midlife Walking Builder™

Begin with the amount of walking you can recover from comfortably, then build one small piece at a time.

 Walking can support stamina, heart health, mood and everyday mobility. Your best starting point is the one you can repeat.

Step 1: Choose Your Starting Walk



A Few Minutes

Begin with 3 to 5 comfortable minutes.



A Short Walk

Begin with 5 to 10 comfortable minutes.



A Longer Starting Point

Begin with the amount you already tolerate well.

 Choose a mostly level, familiar route when you are testing your starting point.

Step 2: Find a Sustainable Pace



Easy

You can talk comfortably in full sentences.



Moderate

You can talk, but your breathing is more noticeable.



Too Much for Today

Talking is difficult, your form changes or symptoms increase.

 Most walks can begin at an easy or comfortable moderate pace.

Step 3: Build One Thing at a Time

Time



Add 2 to 5 minutes.

Frequency



Add another walking day.

Pace



Walk slightly faster for short periods.

Terrain



Add a gentle incline or varied surface.

 Change only one factor, then notice how you recover.

My Walking Week

Day	Minutes	Pace	How It Felt		
Mon			☐ Easy	☐ Right	☐ Too Much
Tue			☐ Easy	☐ Right	☐ Too Much
Wed			☐ Easy	☐ Right	☐ Too Much
Thu			☐ Easy	☐ Right	☐ Too Much
Fri			☐ Easy	☐ Right	☐ Too Much
Sat			☐ Easy	☐ Right	☐ Too Much
Sun			☐ Easy	☐ Right	☐ Too Much

Before You Head Out

- ☐ Supportive footwear
- ☐ Weather and route checked
- ☐ Phone or identification if appropriate
- ☐ Water for longer or hotter walks
- ☐ A plan to turn back before I am exhausted



Consider Adding a Little More When

-  You finish feeling steady.
-  You recover by the next day.
-  The current walk feels easier.



Hold or Scale Back When

-  Pain or symptoms increase.
-  Fatigue carries into the next day.
-  Your balance or walking form changes.



 My starting walk: _____ minutes My usual pace: Easy / Moderate The one thing I may build: _____



Gentle Reminder

A shorter walk you can repeat is more useful than a longer walk that leaves you depleted.



Martine's Midlife Wellness Tip

Turn around while you still feel good. The walk home counts too.



When to Stop

Stop and seek guidance for chest pain, faintness, severe shortness of breath, new weakness, sudden balance changes or unusual leg pain.

