

# 30 Day WALKING CHALLENGE



ROSELAND  
HEALTH & FITNESS



# 30 Day Walking Challenge

Walking is one of the best forms of exercise out there. Our bodies were designed to walk, and for long distances. The beauty of walking is that it is available to everyone and has the benefit of lowering your blood pressure, increasing your bone density and once you pass the threshold of 4,500 steps a day can improve your longevity and make you more able to burn body fat.

I have designed this 30 Day Walking Challenge and made it suitable to all levels of walkers. If you are just getting off the couch after a year of COVID hibernation start with DAY 1 and just take it at your own pace. If adding 500 steps seems too much, then stay where you are until you feel ready to progress. But remember, great things happen when you reach 4,500 so try to get there!

If you are an intermediate walker (you can walk 3 km at a time), start at DAY 10 (5,000 steps) and progress from there. Once you hit 10,000 steps stick with continuing that daily as your challenge.

If you are an advanced walker (you can walk 5 km at a time), start at DAY 22 and progress from there. Don't want a phased in approach? Then don't let me hold you back! Start at 10,000 steps a day and stick with it!

Note: For all levels, it isn't necessary to do all your steps in one go. The goal is to take that many steps in one day so feel free to spread your steps out as much as you need to.

Tip! Determine how far you have to go to get 500 or 1000 steps. That way, if you are short on your daily goal you know exactly how far you need to go to up your steps for the day.

## STEP METRICS:

- 500 steps = approximately 5 minutes of walking, which equates to just under half a kilometre
- 1000 steps = approximately 10 minutes of walking, which equates to about 1 kilometre
- 10,000 steps = approximately 8 kilometres

DAY	Steps	Notes	Actual Steps
DAY 1	<b>2000 steps</b>	Don't forget, you can do it all at once or divide it out...	
DAY 2	<b>2500 steps</b>	Add 500 steps.	
DAY 3	<b>3000 steps</b>	Add 500 steps.	
DAY 4	<b>3500 steps</b>	Add 500 steps.	
DAY 5	<b>4000 steps</b>	Add 500 steps.	
DAY 6	<b>4500 steps</b>	Add 500 steps.	
DAY 7	<b>REST day!</b>	<i>Enjoy it. You deserve a rest day. You have reached the threshold where you will dramatically increase your health if you keep this up!</i>	
DAY 8	<b>4500 steps</b>		
DAY 9	<b>5000 steps</b>	Add 500 steps	
DAY 10	<b>5000 steps</b>		
DAY 11	<b>5500 steps</b>	Add 500 steps	
DAY 12	<b>5500 steps</b>		
DAY 13	<b>6000 steps</b>	Add 500 steps	
DAY 14	<b>REST day!</b>		
DAY 15	<b>6000 steps</b>		
DAY 16	<b>6500 steps</b>	Add 500 steps	
DAY 17	<b>6500 steps</b>		
DAY 18	<b>7000 steps</b>	Add 500 steps	
DAY 19	<b>7000 steps</b>		
DAY 20	<b>7500 steps</b>	Add 500 steps	
DAY 21	<b>REST day!</b>	<i>Congratulations! You have reached another threshold! Some studies show the benefits of walking start to plateau after 7500 steps.</i>	
DAY 22	<b>7500 steps</b>		
DAY 23	<b>8000 steps</b>	Add 500 steps	
DAY 24	<b>8000 steps</b>		
DAY 25	<b>8500 steps</b>	Add 500 steps	
DAY 26	<b>9000 steps</b>	Add 500 steps	
DAY 27	<b>9500 steps</b>	Add 500 steps	
DAY 28	<b>REST day!</b>	<i>Get ready! Tomorrow you will be doing 10,000 steps!</i>	
DAY 29	<b>10,000 steps</b>	Add 500 steps	
DAY 30	<b>10,000 steps</b>	<b><i>Congratulations!! You did it! Now keep going... :)</i></b>	

You have me curious...how many steps did you do over 30 days?? →→→→

