CHECKLIST · HEALTH WELLBEING

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Building Endurance Through Walking



Walking is a low-impact way to build endurance and improve overall fitness. Use this checklist to create a sustainable walking routine.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Set a Weekly Goal

Determine a distance or duration to aim for each week to build consistency.

EXAMPLE *Walk 3 miles daily or aim to reach 10,000 steps five days a week.*

2 Choose Comfortable Footwear

Wear supportive shoes designed for walking to prevent discomfort or injury.

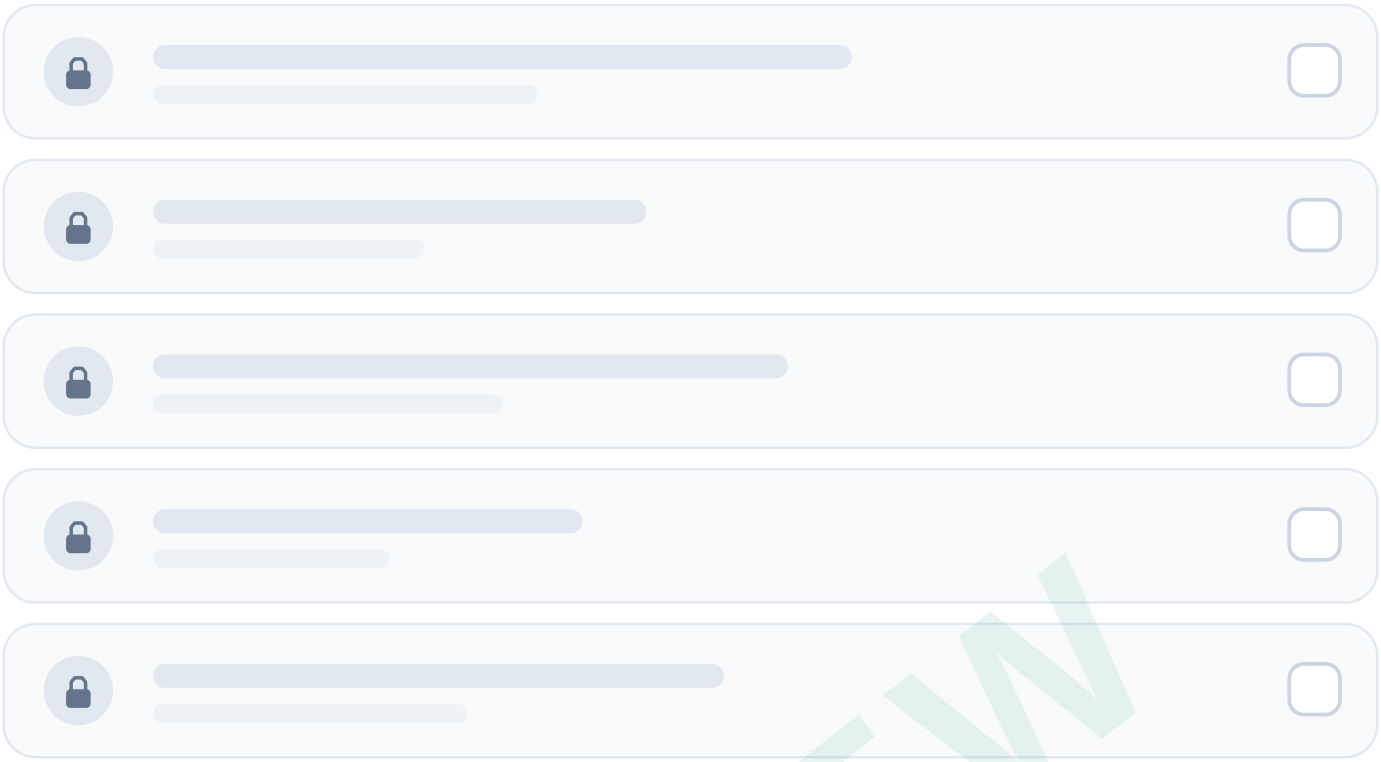
TIP *Replace walking shoes every 300–500 miles to maintain optimal support.*

3 Start with a Warm-Up

Begin each walk with 5 minutes of slower-paced walking to prepare your muscles.

TIP *Include light dynamic stretches, like leg swings, to further loosen up.*

PREVIEW



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