

FEELING GOOD CHANGES EVERYTHING!

Take the walking challenge. This 12-week plan can be the start of many health benefits. Ask a friend or family member to join you.

✓	Week	Warm Up	Walk	Cool Down
	1	Walk 5 min	Walk briskly 5 min	Walk 5 min
	2	Walk 5 min	Walk briskly 7 min	Walk 5 min
	3	Walk 5 min	Walk briskly 9 min	Walk 5 min
	4	Walk 5 min	Walk briskly 11 min	Walk 5 min
	5	Walk 5 min	Walk briskly 13 min	Walk 5 min
	6	Walk 5 min	Walk briskly 15 min	Walk 5 min
	7	Walk 5 min	Walk briskly 18 min	Walk 5 min
	8	Walk 5 min	Walk briskly 20 min	Walk 5 min
	9	Walk 5 min	Walk briskly 23 min	Walk 5 min
	10	Walk 5 min	Walk briskly 26 min	Walk 5 min
	11	Walk 5 min	Walk briskly 28 min	Walk 5 min
	12	Walk 5 min	Walk briskly 30 min	Walk 5 min

You've got this! We're here to help.

Call Health Education and Wellness at **702-877-5356**.

No time! We get it.

Solution: Schedule three 10-minute exercise bursts into your day. Try this routine and then add or substitute an activity to meet your needs and abilities.

Activity	Time
Warm up: walk, stairs or jump rope	3 minutes
Squats Option: Start with chair squats	1 minute
Lunges or high knees	1 minute
Plank Option: modify with knees on ground	30 seconds
Squats	30 seconds
Lunges	30 seconds
Plank	30 seconds
Stretch	3 minutes

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.



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