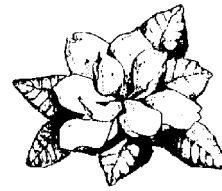


# The Mississippi Track Club, Inc.

P.O. BOX 1414 - RIDGELAND, MISSISSIPPI 39157-1414



[www.mstrackclub.com](http://www.mstrackclub.com)

“Walking is the best exercise for man.”

*Hippocrates 400 B.C.*

“Walking 2 miles in 35 minutes 3 days a week will cut your incidence of heart attack by 55%.”

*Dr. Kenneth Cooper 1987*

Walking 3 miles a day, 5 days a week will cut your incidence of diabetes by 66% and breast cancer 66%.

It takes 20 minutes of non-stop aerobic exercise to START burning fat.

The minimum amount of exercise necessary for a healthy lifestyle is 30 minutes of non-stop aerobic exercise 3 days a week.

We were designed to be hunters and gatherers. We’ve become sitters and clickers. As a result, we have the nation’s worst obesity rate.



## From The Sofa to 5K Fitness Walk in 12 Weeks

1. Walk 10 min., rest 3 min., walk 5 min., rest 1 min. Repeat.
2. Walk 10 min., rest 1 min., walk 5 min., rest 1 min. Repeat.
3. Walk 10 min., rest 1 min., walk 10 min., rest 1 min. Repeat.
4. Walk 20 minutes each session.
5. Walk 25 minutes each session.
6. Walk 30 minutes each session.
7. Walk 3 days for 30 min. each session.  
Walk 40 min. for the fourth session.
8. Repeat week seven schedule.
9. Walk 3 days for 30 min. each session.  
Walk 50 min. for the fourth session.
10. Walk 3 days for 30 min. each session.  
Walk 55 min. for the fourth session.
11. Walk 3 days for 30 min. each session.  
Walk 60 min. for the fourth session.
12. RACE WEEK!! Walk two days for 30 minutes each session. Do 5K walk.

*(Do each workout three times a week until week seven. Then do four workouts a week.)*



**Mississippi  
Track Club**

[www.msstrackclub.com](http://www.msstrackclub.com)

## TOP 12 RUNNING/WALKING TIPS

1. Make exercise a priority; you deserve to feel good.
2. Ten minutes a day is better than no minutes a day.
3. Record your progress; it's motivating and keeps you honest.
4. Running and walking three times a week, for 30 minutes or more, reduces risk of breast cancer and heart attack by half and diabetes by two thirds. It also reduces risk of depression, osteoporosis and premature death.
5. Drink water all day; it's hardly ever enough.
6. When buying shoes, pay attention to fit, not hype or price.
7. Find a fitness partner; it's motivating and fun!
8. Diets don't work, regular exercise does. Running and walking burn about 100 calories a mile - one of the most effective means of safe weight loss.
9. Leave your Walkman at home or in the gym; it's safer.
10. Missed a workout? Don't feel guilty, just start again.
11. Move enough to puff a little and work up a light sweat.
12. Have a goal; it keeps you going and focused.