Are you looking to ease into getting in shape? This 12-week walking schedule from the National Heart, Lung, and Blood Institute can start you on the path to better health. But before starting this walking plan, talk with your doctor if you’ve been sedentary for a long time or you have serious health issues.

Try to walk at least five times each week. Always start with a five-minute, slower-paced walk to warm up and end with a five-minute, slower-paced walk to cool down.

Start at a pace that’s comfortable for you. Then gradually pick up speed until you’re walking briskly—the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.

As you become more fit, you’ll want to add strength training exercises, such as pushups and lunges, to your routine to meet the physical activity level recommended for healthy adults: at least 150 minutes of moderate aerobic activity a week and strength training exercises at least twice a week.

Remember to:
- Consult your healthcare provider before beginning an exercise program
- Always check your blood glucose level
- Carry an emergency food with you during physical activity
- Check your feet after physical activity

### Weekly Walking Schedule

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<th>Week</th>
<th>Warm-up</th>
<th>Brisk walking</th>
<th>Cool-down</th>
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U.S. Department of Health and Human Services, 2013
White Chicken Chili

**Ingredients**
- Cooking spray
- 2 lbs skinless, boneless chicken, cut into bite-sized pieces
- 2 c finely chopped onion
- 2 garlic cloved, minced
- 2 tsp ground cumin
- 1/2 tsp dried oregano
- 1 tsp ground coriander
- 2 (4.5 ounce) canned chopped green chiles, undrained
- 1 c water
- 2 (15.5 ounce) cans cannellini beans
- 1 (14 ounce) can fat-free, low sodium chicken broth
- 1/2 tsp hot pepper sauce
- 1 cup (4 ounces) shredded Monterey Jack cheese
- 1/2 c chopped green onion
- 1/2 c chopped fresh cilantro

**Preparation**
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 10 minutes or until browned, stirring frequently.
- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion to pan; sauté 6 minutes or until tender, stirring frequently.
- Add garlic; sauté 2 minutes, stirring frequently.
- Stir in cumin, dried oregano, and coriander; sauté 1 minute.
- Stir in chiles; reduce heat to low, and cook 10 minutes, partially covered.
- Add the chicken, water, cannellini beans, and broth; bring to a simmer.
- Cover and simmer 10 minutes. Stir in hot sauce.

Ladle 1 cup of chili into each of 8 bowls; sprinkle each serving with 2 tablespoons cheese, 1 tablespoon cilantro, and 1 tablespoon green onions.

**Nutrition Information**
- Serving Size: 1 cup
- Calories 223, Fat 5.9g, Saturated fat 3.1g, Cholesterol 78mg, Protein 32.7g, Carbohydrates 11.7g, Fiber 3.4g, Sodium 694 mg

Recipe from [www.cookinglight.com](http://www.cookinglight.com)