

Activity	Walkabout 1	Walkabout 2	Walkabout 3
WARM-UP <i>Do all WARM-UP Activities 5 or 10 times</i>			
5 Minute Warm-up	●	●	●
Open and Close Fingers and Wrists	●	●	●
Arm Swings	●	●	●
Step Sideways		●	●
Shoulder Roll		●	●
Pick-Up Knees			●
Rear Kick			●
Toes and Heels			●
CARDIOVASCULAR <i>15 minute Brisk Walk 20 minute Brisk Walk 30 minute Brisk Walk</i>			
Cool Down	●	●	●
STRENGTH <i>Do all STRENGTH Activities 5 times, then REPEAT</i>			
Shoulder Blade Squeeze	●	●	●
Squat	●	●	●
Arm Press (Tricep Press)	●	●	●
Tap Back		●	●
Forward Arm Raises		●	●
Side Leg Lifts			●
Push-Ups			●
Arm Curl (Bicep Curl)			●
Heel Toe Rock			●
STRETCH <i>Do all STRETCH Activities 2 to 3 times, hold for 10 to 20 seconds</i>			
Forward and Side Arm Raises	●	●	●
Chest Stretch	●	●	●
Calf Stretch	●	●	●
Hamstring Stretch	●	●	●
Hip and Thigh Stretch		●	●
Ankle Rotation			●
Neck Rotation and Stretch	●	●	●



Remember, Every Move is a Good Move!

Each Walkabout is based on a walk that includes warm-up, cardio-vascular, cooldown, strength and stretching components.

There are three Walkabouts:

- Walkabout 1 is basic, providing a full body, physical activity routine.
 - Walkabout 2 includes additional activities and complexity.
 - Walkabout 3 builds on the first two and includes more activities.
- Gradually increase the number of times you go for a Walkabout each week
- Try and do five repetitions of each activity and if you're feeling strong, repeat them again
- When you are feeling strong and ready, try the next Walkabout level.

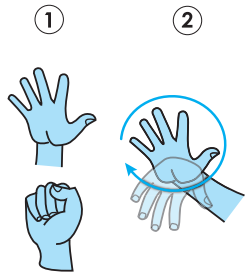
If you are not active, or have a medical condition, consult with your doctor to confirm these activities are right for you. See your doctor regularly to monitor medical conditions and any increase in your activity level.



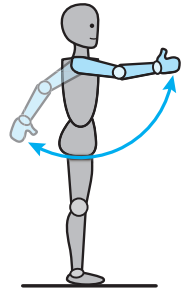
ActNowBC



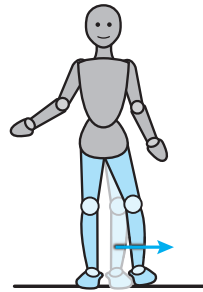
WARM-UP



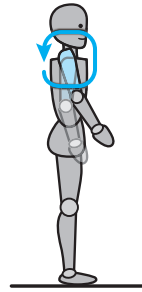
Open & Close Fingers and Circle Wrists



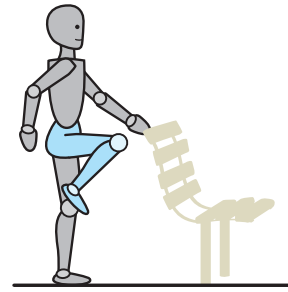
Arm Swings



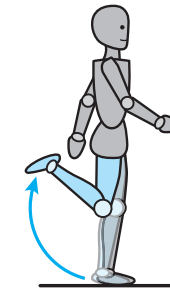
Step Sideways



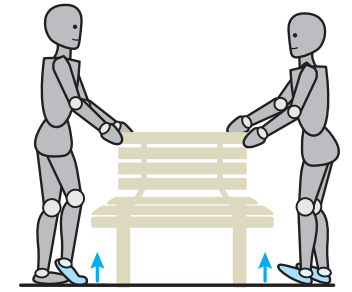
Shoulder Roll



Pick-Up Knees

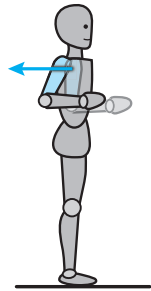


Rear Kick

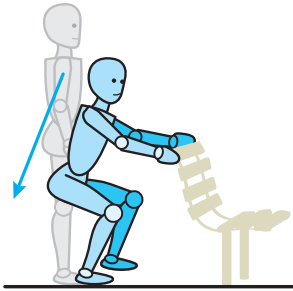


Toes and Heels

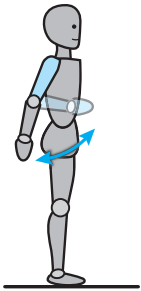
STRENGTH



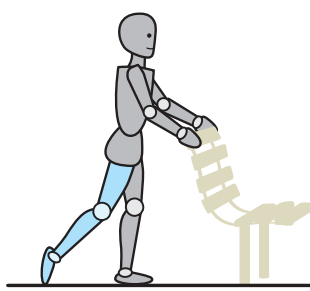
Shoulder Blade Squeeze



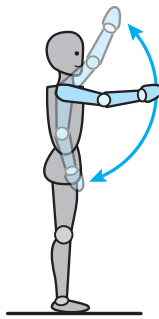
Squat



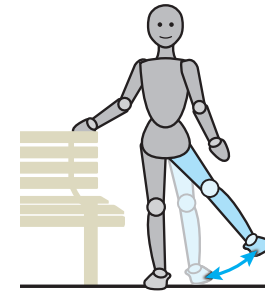
Arm Press (Tricep Press)



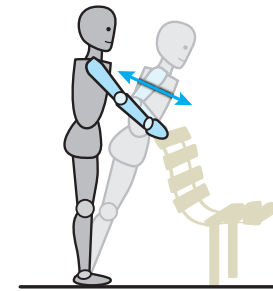
Tap Back



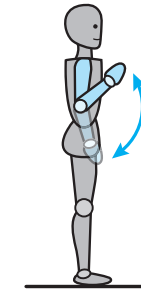
Forward Arm Raises



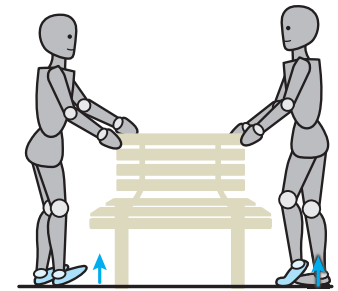
Side Leg Lifts



Push Ups

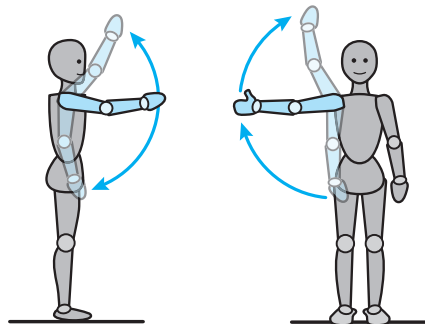


Arm Curl (Bicep Curl)

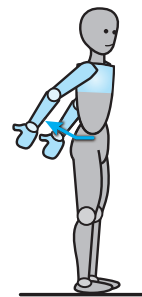


Heel Toe Rock

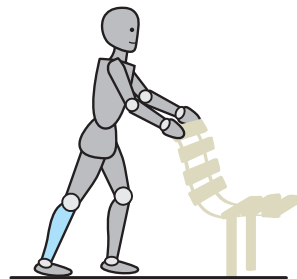
STRETCH



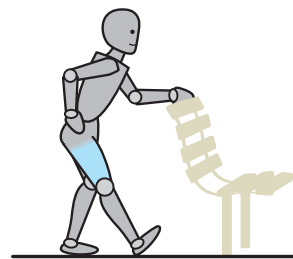
Forward and Side Arm Raises



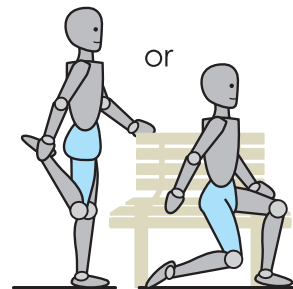
Chest Stretch



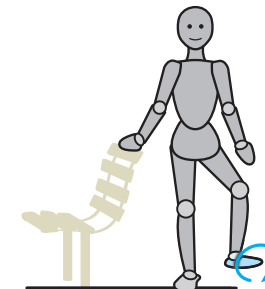
Calf Stretch



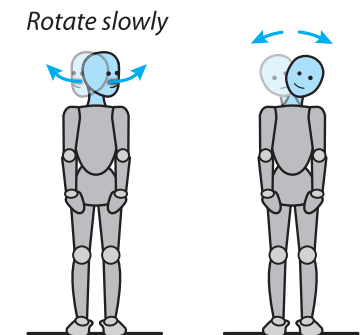
Hamstring Stretch



Hip and Thigh Stretch



Ankle Rotation



Neck Rotation and Stretch