

Activity	Walkabout 1	Walkabout 2	Walkabout 3
<b>WARM-UP</b> <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			●
<b>CARDIOVASCULAR</b> <i>15 minute Brisk Walk      20 minute Brisk Walk      30 minute Brisk Walk</i>			
Cool Down	●	●	●
<b>STRENGTH</b> <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			●
<b>STRETCH</b> <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.*

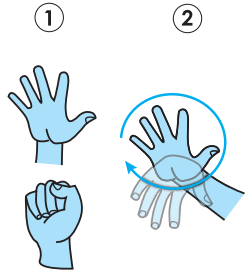


ActNowBC

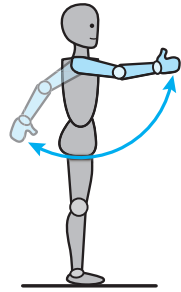


For more information please contact:  
Health and Seniors Information Line at 1 800 465 4911 • [www.actnowbc.ca](http://www.actnowbc.ca) • [www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)

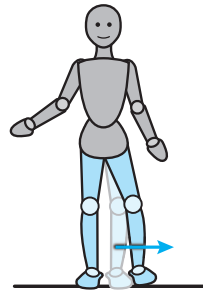
# WARM-UP



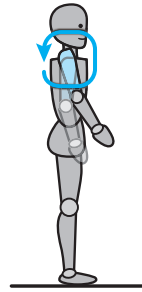
Open & Close Fingers  
and Circle Wrists



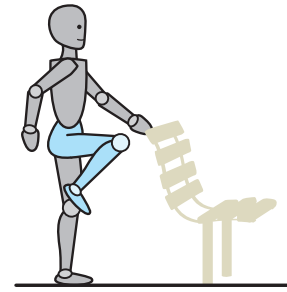
Arm Swings



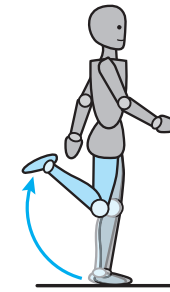
Step Sideways



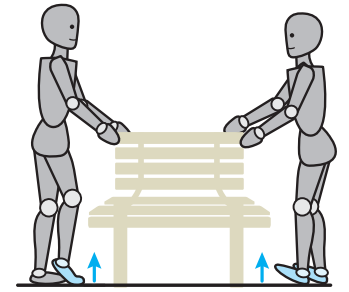
Shoulder Roll



Pick-Up Knees

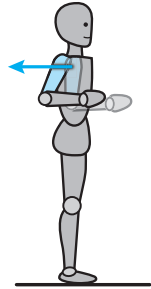


Rear Kick

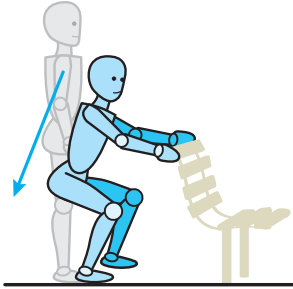


Toes and Heels

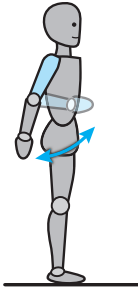
# STRENGTH



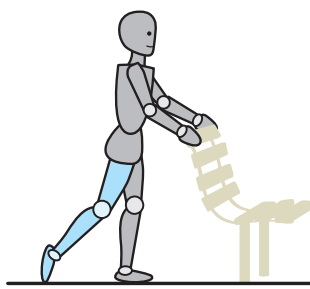
Shoulder Blade  
Squeeze



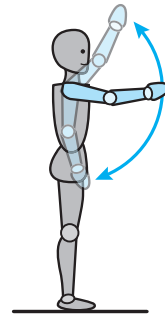
Squat



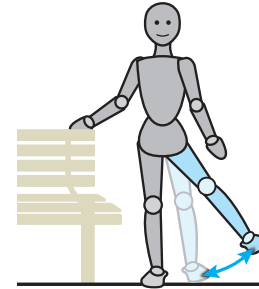
Arm Press  
(Tricep Press)



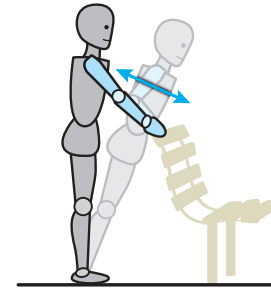
Tap Back



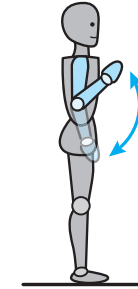
Forward  
Arm Raises



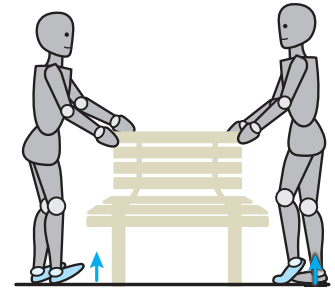
Side Leg Lifts



Push Ups

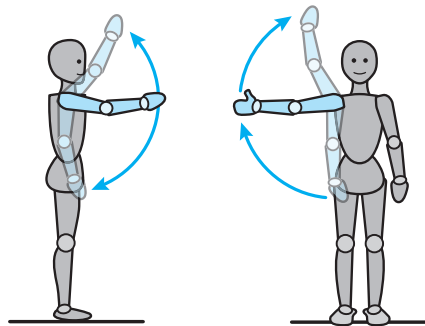


Arm Curl  
(Bicep Curl)

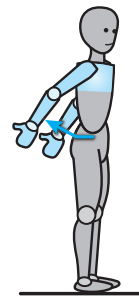


Heel Toe Rock

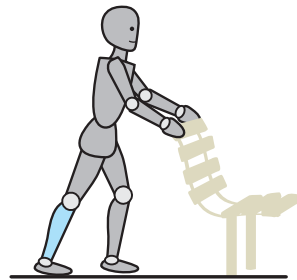
# STRETCH



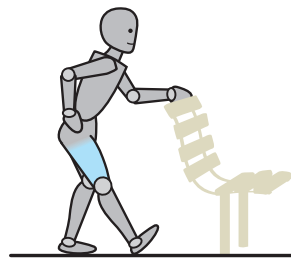
Forward and Side Arm Raises



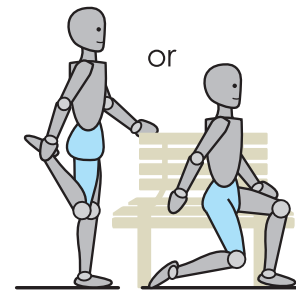
Chest Stretch



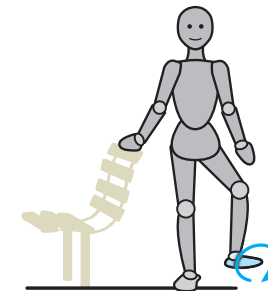
Calf Stretch



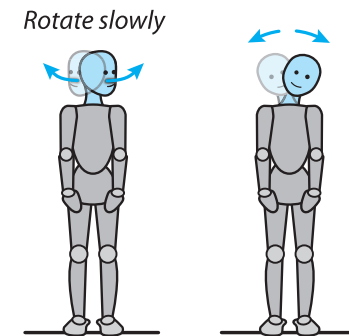
Hamstring Stretch



Hip and Thigh Stretch



Ankle Rotation



Neck Rotation and Stretch