

## Maintenance Program

### Walk 30 Minutes To:

1. Stay Independent
2. Decrease Pain + Speedy Recovery
3. Get Fit
4. Increase Strength
5. Avoid Alzheimer's
6. Join the Revolution



**AND, get seven hours of sleep every night!**



## Get Fit for Proper Footwear at Fleet Feet

The right fitting pair of shoes, insoles and socks can make all the difference in your new fitness routine. The Outfitters at any Fleet Feet location can provide expert service along with personalized 3D measuring technology to offer your best fitting pair of walking shoes. Fleet Feet can also be a resource for walking tips, social groups, and safety.

Use the barcode below for 15% off your purchase at any Fleet Feet location.



## Walk 30

### Maintenance Program Tips by Fleet Feet

1. Start slow, don't overdo it
2. Listen to your body, take rest breaks if needed
3. Walk on reliable surfaces to avoid falls or injury
4. Walk with a friend; company promotes fun and accountability
5. Don't forget to hydrate with water and low-sugar electrolyte drinks
6. Warm up and cool down for a successful walk tomorrow!

## Exercises (Two Times a Day)

Make it the first thing you do in the morning before getting out of bed, and last thing before going to bed.

**Knee-to-Chest Stretch (30 seconds each leg)**



**Internal Rotator Stretch (30 seconds each leg, perform when putting socks and shoes on)**



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**Child's Pose Stretch (30-60 seconds)**

