Walking Plan 1

1
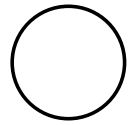
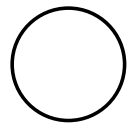### Session 1
Move for a minimum of 12 minutes

2

Session 2
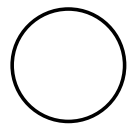Move for a minimum of 15 minutes

3

Session 3
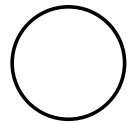Move for a minimum of 10 minutes
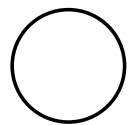
4

Session 4
Move for a minimum of 17 minutes

5
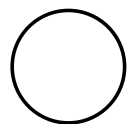
Session 5
Move for a minimum of 12 minutes

6

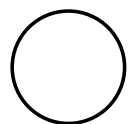### Session 6
Move for a minimum of 20 minutes

7

Session 7
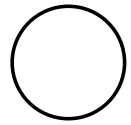Move for a minimum of 20 minutes

Walk Plan 1

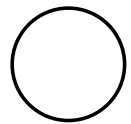**1** | **Session 8**
Move for a minimum of 12 minutes

2 | **Session 9**
Move for a minimum of 20 minutes

3 | **Session 10**
Move for a minimum of 22 minutes

4 | **Session 11**
Move for a minimum of 12 minutes

5 | **Session 12**
Move for a minimum of 10 minutes

6 | **Session 13**
Move for a minimum of 24 minutes

7 | **Session 14**
Move for a minimum of 20 minutes

Walk Plan 1

1

Session 15
Move for a minimum of 22 minutes

2

Session 16
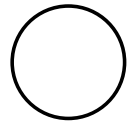Move for a minimum of 24 minutes
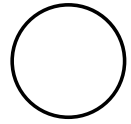
3

Session 17
Move for a minimum of 26 minutes
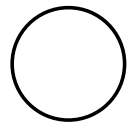
4

Session 18
Move for a minimum of 12 minutes

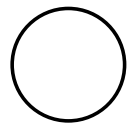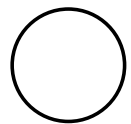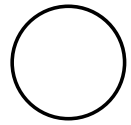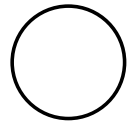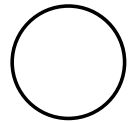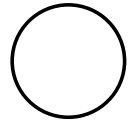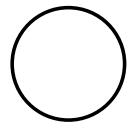**5**

Session 19
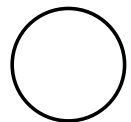Move for a minimum of 15 minutes

6

Session 20
Move for a minimum of 25 minutes

7

Session 21
Move for a minimum of 20 minutes