

EXAM ROOM TO 5K

- **Only 3 workouts a week to meet your goals!**
- **Remember to eat healthy to maximize results**
- **Recipes and tips at www.65x65.com**
- **Share your progress at www.65x65.com**

EVERY LITTLE BIT COUNTS

Experts say that 30 to 60 minutes of physical activity on most days offers many health benefits. But every bit can count. Adding activity into your life may be easier than you think!



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EXAM ROOM TO 5K

Follow-up with your Community Health Center Provider.

Sign up for the 20x65x65 Race at a CHC near you.



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EXAM ROOM TO 5K



Talk with your provider to ensure you are healthy enough to begin the **Exam Room to 5K** program.



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MAKE AN ACTIVITY DATE WITH A FRIEND.

Instead of meeting for lunch, go for a walk, play basketball or tennis.



Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.
2	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 mins.
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes)
4	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2.5 mins) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes) 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2.5 mins) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes) 	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2.5 mins) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 secs) • Jog 1/2 mile (or 5 minutes)
5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) 	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 3/4 mile (or 8 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes)_ 	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.
7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 mins).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 mins).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 mins).
8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 mins).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 mins).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 mins).
9	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	You are now ready for the 65x65 Challenge. Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).
10	Keep Going...	You made it this far, don't stop!	You can do it!